Volume XVII

LIFE SKILLS

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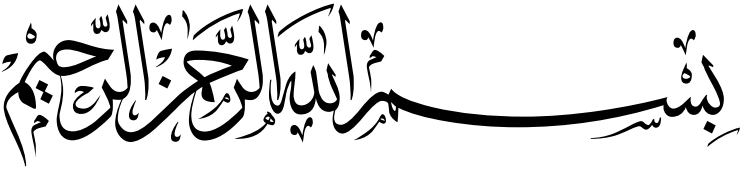

اللَّهُمَ صَّلِ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّد و عَجِّلّ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the Seventeenth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's stars,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: 30th July 2026

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the Seventeenth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the

power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends the confines of culture or belief. Our aim is to draw upon

the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,
Abidi
Connect with:
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Little Things That Reveal Person's Psychology

1. The speed of eating – those who eat quickly are ambitious, dynamic, and impatient. Slow eaters are those who have patience and savor the pleasures of life.
2. Responding to insults - people are pleasant if they accept every insult; insecure if they become overly defensive; confident if they make jokes about it.
3. Ability to express emotions - people who are unable to talk about their feelings have an unhealed traumatic history.
4. Showing anxiety physically - people who perform repetitive behaviors such as nail biting and foot tapping tend to be perfectionists.
5. Behavior towards superiors - if they speak disdainfully to someone better than them, they feel threatened and envious.
6. Who they talk about in a conversation - low self-esteem if they deflect questions about themselves. Narcissists if they can't stop talking about themselves.
7. Ability to take a joke – the easier it is to offend them, the bigger their ego will be and the lower their self-esteem will be.
8. When pointing out their mistakes - they show enormous ego if they become offensive, victim mentality if they blame others, and humility if they can accept it.

12 Psychological Facts About Crush

1. You find your crush 70% more attractive than your friends.
2. Men tend to lower or deepen their voices when speaking to someone they love.
3. Men fall in love faster than women. Women take 15 days, men only 8 seconds.
4. When your crush raises their eyebrows while you're talking to them, it's likely they're attracted to you.
5. Most women are attracted to men who have a strong sense of humor, as it indicates greater intelligence and honesty.
6. The idea that opposites attract is a myth. Often we are drawn to someone who thinks, behaves, and looks like us.
7. If someone looks away first from eye contact, they will find him attractive.
8. You have an 81% chance that your crush will like you.
9. Tell a terrible joke, and if they laugh, they like you.
10. Look into their pupils, and if they dilate, they like you.
11. If you smell good, people tend to be friendlier.
12. Your crush sees you as 20% more attractive than you see yourself.

Real Happiness Comes From Welfare

"Indian billionaire Ratanji Tata was asked by a radio host in a phone interview:"

"Sir, what is the happiest moment of your life?"

Ratanji Tata said:

"I went through four stages of happiness in life and finally understood the meaning of true happiness."

The first stage was accumulating wealth and resources.

But I wasn't able to achieve the happiness I desired at that stage.

Then came the second stage, which involved accumulating valuable assets.

But I realized that the effects of this were also fleeting, and the shine of valuable possessions didn't last long.

Then came the third stage, which involved acquiring a large project.

At that time, I owned 95% of India and Africa's diesel reserves.

I also owned the largest steel mill in India and Asia.

But even there, I couldn't find the happiness I dreamed of.

The fourth stage was when a friend asked me to buy wheelchairs for some disabled children.

Approximately 200 children.

Following my friend's advice, I bought the wheelchairs immediately.

But my friend insisted that I go with him and deliver them to them.

So I got ready and went with him.

There, I personally handed the wheelchairs to those children.
I saw a strange gleam of happiness on their faces.
I saw them all sitting in wheelchairs, walking around and having fun.
It was as if they had arrived at a picnic spot where they were sharing a prize-winning gift.
I felt a genuine happiness inside me.
When I decided to leave, one of the boys grabbed my leg.
I tried to gently free my legs, but the boy looked at me and held them tightly.
I leaned over and asked him:
"Do you need anything else?"
That boy's response not only shocked me, but it completely changed my perspective on life.
This boy said:
"I want to remember your face so that when I meet you in heaven, I can recognize you and thank you one more time!"
Source: Cienciatum Sorpréndete

Short But Powerful Lines

1. Beginning is always the hardest.
2. Train your mind to be calm in every situation.
3. A King isn't born, he is made.
4. Calm, but alert. Relaxed, but ready. Smooth, but sharp. Humble, but confident.

5. I passed my hardest moments alone, while everyone believed I was fine.
6. Never reveal everything you know.
7. Overthinking is the biggest cause of unhappiness.
8. Growth is uncomfortable because you've never been there before.
9. Learn to respond, not react.
10. Small consistent actions create massive results.
11. Struggles today will strengthen you for tomorrow.
12. If you focus on results, you'll never change. If you focus on change, you'll get results.
13. Pain is temporary, but quitting lasts forever.
14. Growth begins at the end of your comfort zone.
15. A warrior never complains about the difficulties of life; they overcome them.

Habits Of The Rich And The Poor

1. The rich spend money to save time - the poor don't value their time.
2. The rich seek advice from successful people - the poor listen to anyone's advice.
3. The rich think of new ways to provide value - the poor think of quick money.
4. The rich study money and investing - the poor escape into entertainment.
5. The rich increase their wealth through investment - poor people only think about working for money.

6. The rich live within their budget ; the poor make impulsive purchases to gain attention from others.
7. The rich focus on creating a positive cycle in life – the poor remain trapped in a negative loop.
8. The rich find successful people to build their networks – the poor spend time with people who are broke.
9. The rich know that building wealth is a long-term process - poor people want money they can have tomorrow.
10. The rich plan their spending – the poor have no idea how to do that.

(These are the habits that makes someone rich or poor)

How to Make Friends and Win People Over?

1. If someone says something mean to you, pause for a moment and ask them, "Are you okay?"

2. If you feel like someone is not telling the truth, just look into their eyes and don't say anything.

3. When you're having a fight, keep your voice calm. This makes it seem like you're winning.

4. Stand up straight and take up space. This helps you feel more confident.

5. Your eyes show you care when you talk to someone you love.

6. Be careful with friends; sometimes, learn how to deal with your enemies. Don't hate them; it can cloud your thinking.

7. Show you're right by what you do, not just what you say. Actions matter more than arguing. Focus on what you do!

Interesting Facts About Diamonds

Diamonds are among the most remarkable natural elements on Earth. Backed by research and data, here are 10 essential facts that highlight their rarity, origin, uniqueness, and impact, offering a deeper understanding of what truly makes a natural diamond exceptional.

10 Fascinating Facts About Natural Diamonds:

1. Natural diamonds form 150–200 kilometres beneath the Earth's surface under extreme heat and pressures exceeding 50,000 times atmospheric pressure.

2. Natural diamonds are between 1 to 3 billion years old, making them older than dinosaurs and among the oldest objects you will ever own.

3. Even the youngest known natural diamond is approximately 42 million years old, formed long before modern human civilisation.

4. Natural diamonds are extraordinarily rare; all one-carat diamonds mined globally in a year could fit inside a single exercise ball, while all five-carat diamonds would barely fill a basketball.

5. Every natural diamond is unique, like a snowflake. Its inclusions, often called "birthmarks", create a distinct internal pattern that sets it apart, while also providing scientists with valuable geological clues about the Earth's formation and evolution.

Hard Truths That Makes You Stronger

1. **No One is Perfect**: Nobody is perfect, including you. Everyone has problems and flaws.
2. **You Can't Change the Past**: What happened before can't be changed. It's important to let go of past mistakes.
3. **Own Your Mistakes**: If you make a mistake, it's your responsibility. Don't blame others.
4. **Failure is Okay**: Everyone fails sometimes. Failing can help you learn and grow.
5. **Make Time for What Matters**: If something is important to you, you will find time for it.
6. **Your Life is Yours**: You control your life. Don't let others dictate how you should live.

7. **Don’t Let Others Define You**: What others think of you doesn't define who you are. Only you can do that.
8. **Change Happens**: Change is a part of life and can be good, even if it feels uncomfortable.
9. **Value Today**: Tomorrow isn't guaranteed, so appreciate today and make the most of it.

Laws Of Money

1: money doesn't come to those that WANT it, but to those that DESERVE it.

2: money doesn't stay with big earners, but with wise spenders.

3: money can serve you, it can equally make you serve it.

4: the money you save in times of abundance, will save you in times of need.

5: the blind love of money will cost you your humanity.

6: no amount of money will ever be enough as long as you have desires and needs.

Wisest Financial Advice

A developer, I knew, started small. Built a few houses. Sold them for a profit.
Rolled all of his money into a bigger project. Built more houses. Sold them for a profit.

Rinse and repeat.
I bet you can guess where this is going.
Except he added a Rolls along the way.
Bought several hundred acres of farm land to turn into a golf course and homes.
Invested millions to build the golf course.
Broke ground on the home development. Just before the Great Recession and home market collapse.
He lost everything, including the Rolls. I think that really ticked him off. I mean come on. Drive a Chevy?
A very wealthy friend had a business where he made millions.
He invested his net worth wisely. Diversifying for long term growth.
He also bought and started other businesses. Selling them, most of the time, for a profit. Occasionally not.
He also speculated on some high risk potentially high return investments. Sometimes they hit big. Sometimes they didn't.
As he and I ate lunch at his office one afternoon, I asked him, "So, what is your secret to investing success?"
He responded, "Always keep your core capital safe. From your returns take a little to speculate with if you want. If you hit big, great. If you don't your core capital is secure."
Then he gave an analogy I've never forgotten.
"Cash is your admittance to go on the field and play the game. If you run out of cash you don't get to play."
I've always remembered that and followed it.
Occasionally, I've taken a flyer on a more speculative investment. Sometimes they work. Sometimes, well the experience was memorable.

But I always keep adding to our core diversified portfolio.
And I leave most of the returns alone to grow.
Frankly, it keeps investing interesting.
But, I've also found, as I've grown older, interesting isn't always what it's cracked up to be.
Remember.
Cash lets you on the field to play the game. No cash, no admittance.

What Did You Learn Too Late In Life?

1. Don't fall in love if you are not yet established.
2. Women will not marry men who have a difficult life.
3. Don't be friends with your ex.
4. Friends are temporary.
5. Friends will become contacts and acquaintances over time.
6. Nobody cares about the problems you face.
7. Don't tell personal problems to strangers.
8. Parents are the only ones who will care and love you.
9. If you fail repeatedly, your parents may stop supporting you.
10. Don't buy a car with borrowed money.
11. Don't buy a house compulsively.
12. Help the people you love.
13. Work in a place that helps you grow.
14. Don't expect comfort if you want development.

15. Invest in yourself. Strive to be better every day.
16. Quit your job if there is no development in you.
17. Don't talk too much, listen too much.
18. Appreciate good people and good things in your life.
19. Save as much as you can.
20. Almost everything in life requires money. You're disabled without it.
21. Go for a walk if you have the chance.
22. Don't miss the opportunity you've been dreaming of.
23. Take care of your health. Exercise. Life is unpredictable.
24. Family is number one, others are number two.
25. Compromise if it benefits your family.
26. Chase your dreams. Never look back.
27. Never forget the worst times in your life.

Why Are Some People Never Happy?

Some people are never happy because they always neglect what they have and desire for what they can't have.

There are many reasons of their constant unhappiness -

Constant comparison — They compare themselves to others and focus on what they lack instead of what they have.

Unrealistic expectations — They expect life, relationships, or success to be perfect, so reality often feels disappointing.

Negative thinking patterns — Some people naturally focus more on problems, risks, or flaws than on positive experiences.

Unresolved emotional issues — Past hurts, stress, trauma, or chronic dissatisfaction can make happiness harder to feel.

Always chasing the next thing — After achieving a goal, they quickly adapt to it and move on to wanting something else.

Mental health conditions — Disorders such as Depression or anxiety can significantly affect a person's ability to experience happiness.

These are some critical points for their unhappiness.

Why People Remain Seems Average After Earning Well?

A household earning $250,000 a year frequently has the exact same net worth as one making $50,000. They haven't built wealth—they've just financed a more expensive version of being broke.

The root of this phenomenon is a misunderstanding of the difference between income and wealth. Income is the

amount of money flowing into a bank account. Wealth is the portion of that money that stays there and generates a return. High earners often remain financially fragile because they fall into predictable behavioral traps that convert their entire income stream into expenses.

The most common trap is lifestyle inflation, also known as lifestyle creep. When a professional gets a substantial raise or promotion, their baseline for what feels "normal" shifts upward. A reliable sedan is replaced by a luxury SUV. A modest apartment is traded for a mortgaged house in an expensive zip code. Vacations upgrade from domestic road trips to international resorts. The amount of money coming in increases, but the gap between income and expenses remains static—or even shrinks.

This spending pattern naturally leads high earners to acquire liabilities rather than assets. Instead of funneling their surplus cash into index funds, real estate, or business equity—assets that compound over time and generate passive income—they buy things that depreciate and demand ongoing maintenance. A luxury car requires premium fuel, expensive insurance, and costly repairs, bleeding cash long after the initial purchase. A large home comes with steep property taxes, higher utility bills, and constant upkeep.

Social pressure heavily influences these decisions. Modern professionals often live in affluent neighborhoods or work in industries where appearing successful is viewed as a prerequisite for belonging. The compulsion to match the perceived status of peers—the

modern version of "keeping up with the Joneses"—prompts individuals to finance a lifestyle they cannot actually afford using debt. High earners frequently carry significant balances on credit cards, auto loans, and jumbo mortgages, turning what should be a financial advantage into a heavy burden of monthly interest payments.

Escaping the middle class requires disconnecting spending from earning. When a high earner receives a salary increase, keeping their lifestyle frozen and directing the new surplus into investments allows compounding returns to work. Converting high income into wealth does not require a massive windfall; it requires maintaining a blue-collar burn rate on a white-collar salary.

Behaviors Make People Appear Confident

Observe the confident people around you. You'll find these 9 behaviors in them:

1. They don't cross their arms.

Confident people don't cross their arms because they don't feel defensive, nor do they have anything to hide.

2. They don't constantly check social media.

Scrolling social media can waste more time than you think. Confident people know how to use their time wisely to be more productive.

3. They listen 10 times more than they talk.

Truly confident people already know what they think, they just want to know what you think.

4. They celebrate their colleagues' success.

Insecure

people

don't want others to succeed. When a confident person says "good luck" to someone, they mean it.

5. They don't seek approval from others.

Confident people gain attention for their brilliant work. Because their self-esteem comes from within, they don't need approval from others.

6. They never gossip.

Confident people understand that other people's personal lives are none of their business. When people engage in gossip, all they do is make themselves judgmental and *toxic* .

7. They are in a pleasant mood most of the time.

Confident people don't fall for their emotional tricks easily. They don't feel insulted or belittled as easily as others, and this is part of their appeal.

8. They maintain eye contact.

Eye contact is a shared experience and one of the most powerful tools in human face-to-face interaction.

9. They are not ashamed to ask for help.

Confident people are secure enough to admit their weaknesses. They say, "Can you help me?" This demonstrates tremendous respect for the individual's expertise and judgment.

Habits, That Making You Look Unprofessional

1. Talking Too Much

Not everything needs to be said.

Oversharing in conversations—whether in meetings, chats, or casual discussions—can dilute your value. When you speak too much, people start filtering you out.

Professionals know the power of clarity and timing.

They don’t rush to fill silence—they speak when it adds value.

Less noise. More impact.

2. Responding Late to Messages

Silence can be misunderstood.

When you delay replies, especially in work settings, it signals carelessness or lack of respect for others' time—even if that's not your intention.

You don't always need a full answer immediately.

But a simple acknowledgment like "Got it, I'll get back to you" builds trust.

Responsiveness = Reliability.

3. Saying "Yes" to Everything

At first, saying yes makes you look helpful.

Over time, it makes you look overwhelmed… and unreliable.

Taking on too much leads to missed deadlines, poor quality work, and burnout.

Professionals don't say yes to everything.

They say yes to what they can actually deliver well.

Respect your time, or others won't.

4. Oversharing Personal Information

There's a difference between being friendly and being unfiltered.

Sharing too much about your personal life—especially negative or sensitive details—can make others uncomfortable and blur boundaries.

You don't need to hide who you are.

But you do need to choose what, when, and with whom you share.

Professionalism includes emotional awareness.

5. Having a Messy Workspace

Your environment reflects your mindset.

A cluttered desk or disorganized digital space can make you look careless—even if you're skilled.

The good news?

Fixing this takes less than 5 minutes a day.

A clean space helps you think clearly, work faster, and appear more in control.

Order outside creates clarity inside.

6. Complaining All the Time

Everyone faces problems.

Not everyone keeps talking about them.

Constant complaining drains energy—not just yours, but everyone around you. It positions you as someone who focuses on issues instead of solutions.

Professionals do something different:

They acknowledge problems… and then ask, "What can we do about it?"

Be known for solutions, not stress.

7. Always Arriving Late

Time is respect in visible form.

Being late—whether to meetings, calls, or deadlines—signals poor planning and lack of seriousness.

A simple shift:

Aim to be 10 minutes early, not "just on time."

This removes stress, improves your presence, and instantly upgrades how people see you.

Punctuality speaks before you do.

8. Making Excuses for Everything

Mistakes happen. Excuses don't fix them.

Blaming traffic, timing, other people, or situations might protect your ego—but it damages your credibility.

Owning your mistakes does the opposite.

It builds trust, maturity, and respect.

Instead of saying, "It wasn't my fault,"

say, "Here's what I'll do to fix it."

Accountability is a powerful reputation builder.

9. Poor Listening Skills

Interrupting others, mentally preparing your response while someone is still speaking, or constantly shifting focus during conversations can seriously damage your professional image.

Good professionals listen to understand, not to reply. They make others feel heard, which builds trust and respect.

When people notice you don't listen well, they stop sharing meaningful information with you. And once that happens, your influence quietly drops.

Listening is not passive—it is a visible sign of intelligence and respect.

10. Ignoring Follow-Ups and Commitments

Saying you will do something and then failing to follow up without explanation creates a silent credibility gap. Even small delays, if uncommunicated, accumulate into a reputation of unreliability.

Professionals don't just complete tasks—they close loops. If something is delayed, they update others before being asked.
It's not about perfection; it's about ownership of responsibility from start to finish.

11. Using Informal or Inappropriate Language in Professional Contexts

Overusing slang, emojis, overly casual tone, or emotional expressions in formal communication can weaken your perceived seriousness.
While modern workplaces are flexible, boundaries still matter. The way you write emails, messages, or reports shapes how people judge your discipline and maturity.
Professional communication is not about being robotic—it's about being clear, respectful, and context-aware.

12. Lack of Preparation Before Meetings or Discussions

Entering meetings without knowing the agenda, background, or your own input makes you appear disengaged and unprepared.
Even if you are smart or experienced, lack of preparation reduces your ability to contribute meaningfully.
Professionals respect others' time by coming ready with clarity, not confusion. Preparation is silent authority—it makes your words carry weight.

13. Overreacting to Feedback or Criticism

Becoming defensive, emotional, or argumentative when receiving feedback signals insecurity rather than strength.

Professionals understand that criticism is data, not an attack. They separate personal identity from performance evaluation.

The ability to receive correction calmly often matters more than the skill itself because it determines long-term growth and trust.

14. Inconsistent Work Quality

Producing good work one day and careless work the next creates uncertainty about your reliability. People begin to hesitate before assigning you important tasks.

Consistency builds reputation more than occasional excellence.

Professionals aim for steady, predictable quality because trust is built on reliability, not surprises.

15. Not Respecting Other People's Time in Conversations

Extending meetings unnecessarily, going off-topic repeatedly, or failing to keep communication concise can make you appear disorganized.

Time is one of the most valued professional resources. Those who manage it well are naturally seen as more competent and considerate.

Being concise doesn't mean being shallow—it means being intentional.

15 Lessons Life Will Teach You The Hard Way

1. Not everyone will match your effort

The people you'd go all out for may not always do the same for you.

2. Healing requires more than time

True healing comes from confronting pain, not avoiding it.

3. Growth demands sacrifice

To gain something meaningful, you often have to let go of what feels safe and familiar.

4. Love can sometimes hurt deeply

The people closest to you can have the greatest impact—both good and painful.

5. Pride can be costly

Owning your mistakes may sting, but holding onto ego often causes greater damage.

6. Life isn't always fair or logical

Even when you do everything right, outcomes won't always align with expectations.

7. Perfection is a trap

Waiting for the “right moment” can cause you to miss what’s already in front of you.

8. Trust, once broken, changes things

Even when repaired, things rarely return to exactly how they were.

9. Self-reliance is essential

At some point, you realize you have to be your own source of strength and rescue.

10. Don’t lose yourself while giving to others

Constantly pouring into others without care for yourself leads to burnout.

11. Effort doesn’t always show immediate results

Hard work may take time to pay off—but quitting ensures it never will.

12. Respect matters as much as love

Without mutual respect, even strong feelings can become draining.

13. Avoidance only delays the inevitable

What you ignore today often returns later with more intensity.

14. Boundaries are necessary

If you don't set limits, others may take advantage of your openness.

15. Habits define your future

Daily actions shape your life far more than intentions alone ever will.

Possible & Impossible

Mr. Henry Ford woke up early one morning with a paper in his hand.

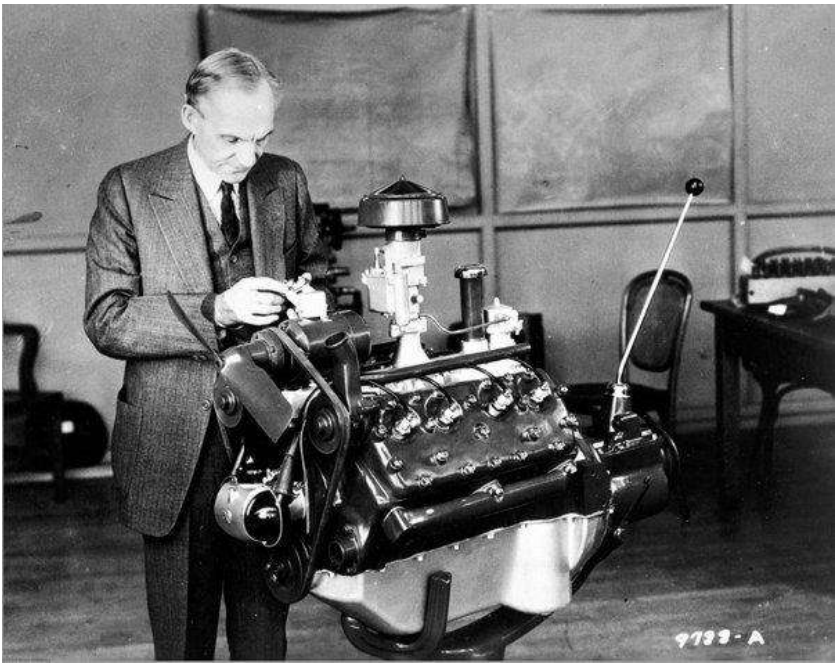
He had an idea for a V8 engine design on paper. He called his team of engineers into his office and discussed the idea with them.

"Mr. Ford, it's impossible to cast an eight-cylinder gasoline engine block in one piece," said one of his top engineers.

"Produce it," Ford replied in a strong voice.

"But you don't understand, Sir," they replied, ***"it's impossible!"***

"Stay on this job until you succeed no matter how much time is required," Ford demanded.



The engineers were scared.

Some started complaining, *"Ford is out of his mind! He doesn't understand what **impossible** means! Now we're all in trouble. We will lose our jobs!*

With nothing else to do, they started working on it.

Six months went by…

"I want my V8 motor!" Ford demanded.

Nine months passed… still nothing.

The engineers tried every idea, but the task still seemed ***"impossible!"***

At the end of the first year, Mr. Ford visited his engineers, and again they informed him, ***"impossible!"***

"Go right ahead," said Ford, "*I want it, and I'll have it."*

The engineers had no way out. They persevered for months until the secret to producing the famous V-8 engine was finally discovered!

*To answer the question, what is the **one factor** that you believe will determine whether or not most people will become successful in life?*

Success is impossible without belief.

Everything starts with belief.

"Whether you believe you can do a thing or not, you are right."

Lessons People Learn Too Late In Life

1. **You will die one day.**

Change the world for good; don't leave it the way you meet it.

2. **If you are from a very poor background, don't see college as the only way to success.**

See it as a safety net instead.

Try and make sure you become an entrepreneur either by joining an early start up, building your own business, or by building an online business.

You may also choose to become a musician or an athlete.

Liberate your family from poverty; it's a disease. #winks

3. **Never hope on anyone.**

Never put all your eggs in one basket. Even if nothing goes wrong, death may knock on that person's door.

Find a way to put yourself first. (I do not mean you should not care for other people.)

Like an african adage would say: "Remove the dirt in your eyes first before that of another person."

4. **You will always face difficulties.**

Difficulties will always come everyday; no matter how small it might be or how large it might seem, never let it get the best of you.

It might be a financial problem (e.g poverty, college fees/loans), a psychological problem (e.g depression), a health problem, and even death. (Death may take away your loved ones and it's very sad and difficult to cope, especially when that person is the breadwinner of your family.)

There will be a problem somewhere in our lives; even if you have all the money in the world, there will be a something bothering you.

Try to learn to be optimistic.

See every mistake, failure, or difficulty as part of life and never allow these problems get the best of you.

They can even make you a billionaire (#winks) if you find a solution to them and create a product out of it, because it's certain that someone somewhere is experiencing the same problem.

5. **People will always talk bad things about you no matter how good/generous/kind you are.**

Even Jesus had haters; everyone has them.

No matter how good you are to people they will still complain; human beings cannot and will not ever be satisfied.

Don't try to listen too much to your critics—they will always find something bad about you.

Don't give a f**k about them; keep pursuing your dreams.

In Nigeria here, we have two major weather conditions: **the rainy season and the dry season.** Whenever it's sunny we complain, "haa this sun is too much omg why are we not in the rainy season?"

And during the rainy season they will be like, “I don’t like rainy season everywhere is always flooded God please bring back the sun!”

Can you see now that people can’t be fully satisfied with a given condition or product?

Just keep on doing the right thing and don’t listen to everybody, because some people will just hate you for no reason, especially when you have a large following.

6. **Hug your mum and dad everyday, for you will one day see them no more.**

This one needs no explanation, it’s self-explanatory.

As you get older, so do your parents, but as they’re always older than you, they’ll most likely die before you, so celebrate them while they are alive.

7. **Youth is not permanent.**

Let these pictures do the talking.

This is Jane Seymour in her prime:

Looks at all her now:

Don’t let your physical beauty get into your head try and focus on your life goal and desires.

Although she fulfilled her dream on becoming a super model, her youth didn't last.

What Are The Biggest Enemies Of Success?

In his teens, Stephen King began writing stories and submitting them to magazines for publication.

The first was about a man attempting to counterfeit enough “Happy Stamps” to buy his mother a house. King sent the story to Alfred Hitchcock’s Mystery Magazine. The rejection slip arrived 3 weeks later. It wished him good luck and gave him one piece of advice.

Never staple manuscripts. Use paperclips instead.

He put a nail in the eaves above his desk and slipped the rejection slip onto it.

When the next rejection slip arrived, it went on the nail too.

By the time King was 14, the nail no longer supported the weight of the rejection slips, and he replaced it with a spike.

The more King wrote, the more rejection slips he received.

After a few more years, some of the slips returned with words of encouragement. The first read "This is good. Not for us, but good. You have talent. Submit again."

King needed little encouragement to keep writing, but this was enough.

10 years later, he published his first novel, Carrie. Now, he's one of the best-known and most successful writers in the world.

What was the secret to King's success?

Persistence. Each rejection and failure only fueled the next story.

Maybe he had talent, more than most probably, maybe more than all of us. But talent wasn't enough on its own. He wasn't afraid of rejection; he wasn't afraid of

failure. If he had given up at the first, or even the 20th rejection slip, you and I wouldn't know his name.

The greatest enemy of success is the fear of failure

Psychological facts

1. People who are not good at socializing tend to be more sincere and loyal in their relationships.

2. Men tend to eat more when dining with women than when dining with other men.

3. Hearing one negative thing can damage at least five positive memories.

4. Unattractive people tend to think they are more attractive than they actually are. On the other hand, attractive people tend to underestimate their own attractiveness.

5. People who understand irony are often good at reading people's minds.

6. People with a strong sense of guilt are better able to understand the thoughts and feelings of others.

7. Subtly imitating the behavior of others will quickly make you more likable. This phenomenon is called the chameleon effect.

8. Strict parents can turn their children into better liars.

The 4 Laws Of Life

The first one says:

"The person who comes into our life is the right person"; that is to say, nobody comes into our lives by chance, all the people who surround us, who interact with us, are there for a reason, to make us learn and advance in every situation.

The second law states:

"What happens is the only thing that could have happened." Nothing, absolutely nothing, that happens in our lives could have been any other way. Not even the smallest detail.

There is no such thing as, "If I had done this, then that would have happened..." No. What happened was the only thing that could have happened, and it had to be that way so we could learn that lesson and move on. Every single situation that happens in our lives is perfect, even if our mind and our ego resist and refuse to accept it.

The third one says:

"Whenever it begins is the right time." Everything begins at the right moment, neither before nor after. When we are ready for something new to begin in our lives, that is when it will begin.

And the fourth and final one: "When something ends, it ends." It's that simple. If something has ended in our lives, it's for our evolution, so it's best to let it go, move on, and advance, already enriched by that experience.

I believe it is no coincidence that you are reading this; if these words have come into our lives today, it is because we are ready to understand that no snowflake ever falls in the wrong place.

How Can You Study For Hours?

Today's generation is searching for this answer.
This is how it works for me:

1. During studying, the mobile phone should remain in sleep mode or airplane mode.
2. Use your time wisely. If you want to study for two hours with full concentration, then study during that time and don't do anything else.
3. Stick to the 55-5 plan. Study for 55 minutes straight, then take a 5- to 10-minute break. During that time, you can do anything that interests you.
4. Don't study for more than 3 hours at a time.
5. Don't eat too much while studying, it will make you tired.
6. Don't forget to drink water and keep your body properly hydrated.
7. Make sure you get good sleep so you can concentrate better.

8. Don't compare yourself to others; it will only distract you from your own progress.
9. Keep a quote, a picture, or something similar that motivates you close to you.
10. During the process, don't think about the result, but concentrate on the process and the moment.
11. Keep your study space clean and tidy.
12. Set clear and realistic study goals before each session. Knowing exactly what you need to accomplish helps you stay focused.
13. Break large topics into smaller sections. Studying in manageable chunks makes learning less overwhelming.
14. Avoid multitasking. Focus on one subject or task at a time for maximum efficiency.
15. Use active learning techniques such as summarizing, teaching others, self-testing, and solving practice questions.
16. Review what you learned at the end of each study session. A quick revision strengthens memory retention.
17. Eliminate unnecessary distractions from your study environment, including social media notifications and background noise.
18. Study difficult subjects when your energy and concentration levels are at their peak.
19. Maintain good posture while studying. Sitting properly helps reduce fatigue and improves alertness.

20. Use a study planner or to-do list to organize your daily and weekly tasks.
21. Reward yourself after completing important study goals. Small rewards can help maintain motivation.
22. Don't wait for motivation to arrive. Build discipline and start studying even when you don't feel like it.
23. Learn to say "no" to activities that interfere with your study schedule and long-term goals.
24. Use spaced repetition to review information regularly instead of cramming everything at the last minute.
25. Take care of your physical health through regular exercise, as a healthy body supports a sharp mind.
26. Listen to instrumental or ambient music only if it genuinely helps your concentration.
27. Keep track of your progress. Seeing improvement over time boosts confidence and consistency.
28. Focus on understanding concepts rather than memorizing facts blindly.
29. Surround yourself with positive and hardworking people who encourage growth and learning.
30. Remember that consistency beats intensity. Studying effectively for a few hours every day is far more powerful than studying excessively once in a while.

31. Develop a growth mindset. Mistakes and difficulties are not signs of failure—they are opportunities to learn and improve.
32. Stay patient with the process. Great results are usually the outcome of small efforts repeated consistently over a long period of time.

Financial Rule Do Most People Break

About 6 years ago, I was broke…

So broke that I couldn't go out with friends for outside eating's because I only had $14.67 in my bank account (ouch).

Today, my business generates more than $1,000,000 in revenue each year (with very healthy profit margins) and I have tens of thousands of dollars in various investments and assets outside of my business.

Over the past half-decade or so, I've realized that 90% of what you were told about finance is dead wrong.

Here are the most common financial rules that I see people breaking…

Mistake #1. Focusing on Savings Instead of Income
You will never save your way to wealth. Let me repeat… you will NEVER save your way to wealth. Think about it this way. If you earn $50,000 a year and live an extremely modest lifestyle that costs only $30,000 a year, you'll

have about $10,000 of after tax income left over (depending on where you live).No matter how much you scrimp and save and deny yourself the primal pleasures of life (you know, like a decent meal at a restaurant you like), you'll never be able to set aside more than $10,000 a year or $100,000 a decade. Now, if you earn that same $50,000 a year and instead, you decide to say "screw savings" and focus all of your time on earning only $1,000 extra each month by freelancing, you've added around $12,000 a year to your savings account. If you were to negotiate a location independent working arrangement with your employer and leave the US for 330 days, you're now eligible for the foreign earned income exemption which means that your first $100,800 is income tax now, you have an extra $12,000 a year *plus* you're saving another $10,000 a year in taxes by traveling the world. This means that your dollar will go further (if you travel to the right places) allowing you to spend only $25,000 a year (while improving your quality of life)These changes would allow you to set aside more than $37,000 a year or $370,000 every ten years. That's an increase of more than 370%!Sure beats penny-pinching and living like a miser, huh?

Mistake #2: Saving for the Wrong Reasons Now, I want to make sure that you don't misunderstand what I just said to mean that you shouldn't save at all and that you should spend all of your money… you shouldn't. You should absolutely have a "war chest" where you put at least 10–25% of your disposable income. But you aren't saving for a rainy day. This account serves only one

purpose… to make you more money. Taking the example above, if you were to save $37,000 in a year, you could take that money and invest it into a cash flow producing assets like real estate, crypto (only if you know what you're doing), or your own small business. Or, you could invest it into improving your skills and network by attending masterminds and seminars, hiring a coach, or purchasing an online course in a relevant industry. That $37,000 now turns into either monthly passive income of $800 (for example, if you purchased a small home and converted it into a professional living space) or an additional $20,000 a year in working income from improving your skills. Yes, you should have at least 3 months of living expenses set aside in the event of an emergency. But don't go overboard with savings. Save to invest and grow your wealth, not for a rainy day.

Mistake #3: Spending Money on Sh!t You Don't Need
Look…99% of the crap that you think you need is utter garbage that won't improve the quality of your life or make you significantly happier. There *are* things that actually matter, such as: High-quality foods and relevant supplements Better quality clothing that makes you feel more confident Gym memberships and personal trainers A home or apartment in a safe area with amazing views But after that, the returns are diminishing. I drive a Subaru instead of a Lamborghini (which I could easily afford) because fast cars don't make me happy and I don't want to spend money on stupid crap to make people respect me more. You can spend your money however you want (after savings, investing, and taxes of

course), but do exactly that, spend it how *you so* many people buy things they don't actually want to impress people they don't like and they're miserable because of it. Don't be like them. If you want a pimping wardrobe, then go for it! If you want a fast car, buy that sunofabitch! If you want an amazing apartment because you work from home and need a great environment, then do it! But make sure your purchases are actually purchases that will make you happy and not just stupid moves to make other people happy. That's just my $0.02. Take it or leave it. Hope this helps. Stay Ground.

Habits Of Highly Successful People

I once got suspended from school for defacing school property.

I remember being called into the principal's office.

"Why did you do this, Hector?" she asked.

"*Well*," I said, "*Luigi told me to do it. It's really not my fault."*

"You did this because Luigi told you to?"

"*Well I … "* I stood there holding my tears back, not having another logical answer that could get me out of this mess.

Yes, I was later suspended for writing graffiti on my desk. I was young, trying to fit in with a group of friends. When they challenged me to do it, I did it and got caught.

I suffered the consequences.

On that occasion, I blamed Luigi for my suspension.

When I failed classes, I blamed the teacher.

When I felt depressed, I blamed my school.

When I was addicted to smoking, I blamed the tobacco company.

When one of my businesses failed, I blamed the government's corruption.

When I was fat, I blamed my work for not giving me the time to eat healthy.

I could go on and on.

This is called the blame game … Have you ever played this game?

When I fall into this mindset trap, I can find a good excuse for justifying "WHY" I'm dealing with any problem in my life.

It's endless and dangerous!

This blame game can be deep … blaming our parents for our emotional struggles, blaming the government

because we can't find a job, or even our husband or wife, simply to justify our stupid actions.

WARNING: THIS BLAME GAME *WILL* DESTROY YOUR LIFE!

Today, we have become EXPERTS at the blame game, and as we're living through this COVID-19 global crisis, who's NEXT on *your* blame list?

Now, to answer your question, what are the habits of highly successful people?

Successful people are **ACCOUNTABLE for their lives.**

Stop blaming the economy. Stop blaming the government. Stop blaming your parents. Stop blaming your teachers. Stop blaming your past. Stop blaming the virus. Either you get your act together, and take FULL accountability for your life or suffer the consequences of your blame game.

While we can't change the past or control this crazy world around us, we can determine the quality of our future by taking control of our decisions and our ACTIONS.

Who will win after this COVID-19 crisis is over?

To me, this is NOT rocket science, it's common sense:

What are you doing about it?

My friend, only YOU can change. Nobody will do it *for* you. Either you stop making excuses and take control of your future, or continue to play the blame game. IT'S YOUR DECISION.

Some Simple Life Hacks

Every day I drive to work, slowly rolling through my neighborhood, half asleep, cranky.Many of my neighbors never wake up early for work. Not because they are old and retired but because they are rich and don't have to work. More power to them.While I sit in front of a computer screen working on financial reports, they are hanging out on their boat, playing tennis, going on lunch dates, remodeling their second home.And I'm happy for them. I think that is a good life to live. I'll some day work to earn that.I'm likely the only person in the neighborhood who cares for his own lawn. But hey — I enjoy the yard work. It feels good to sweat and take ownership of my own stuff.I easily have the smallest house on my block. But that's a good position to be in for real estate value.

Short Version: There's a lot of shit I could be jealous of. But I'm advice: don't compare your situation to anyone else's. And if you must, spin it in a positive way.

Just be the master of your own universe and be proud of the little planets that you control.

9 Truths About Money, School Don't Teach

1. Don't Work Only for Money — Make Money Work for You

Your income can come from your time, but wealth grows when your money starts generating more money through investments, businesses, or assets.

2. Money Doesn't Change You — It Reveals You

Money often amplifies who you already are. Generous people tend to become more generous, while careless habits can become more visible.

3. Wealth Comes From More Than Hard Work

Hard work matters, but strategy, financial knowledge, and smart decision-making often determine how far that work takes you.

4. Invest Before You Upgrade Your Lifestyle

Many wealthy people prioritize saving and investing before increasing their spending. Building assets first creates long-term financial stability.

5. Your Financial Habits Shape Your Future

Dreams are important, but daily habits—saving, budgeting, learning, and investing—have a greater impact on your financial results.

6. You Get Paid for the Value You Create

In today's economy, income is often linked to the problems you solve, the skills you develop, and the value you bring to others.

7. Making, Keeping, and Growing Money Require Different Skills

Earning money is one skill. Managing it responsibly is another. Growing it through wise decisions is what builds lasting wealth.

8. Being Broke Can Be Temporary

Financial setbacks happen to many people. The key is developing the mindset, skills, and habits needed to recover and move forward.

9. Investing Creates Financial Confidence

When you understand investing and build multiple sources of income, job loss becomes a challenge to manage—not a disaster to fear.

Traits of Strong Self Worth

1. You Can Say "No" Without Guilt
You don't over-explain.
You don't feel bad for protecting your time and energy.
A simple, respectful no is enough.

2. You Treat Your Time Like It Matters
You stop giving hours to things that drain you.
Because deep down, you know — your life is limited.

3. You Own Your Choices Calmly
No constant justification.
No panic.
You made a decision.
You stand by it… and learn if needed.

4. You Set Boundaries Without Drama
No anger.
No aggression.
Just clarity.
And consistency.

5. You Don't Chase Approval
You don't need everyone to like you.
Because you already respect yourself.

6. You Stay Kind — But Firm
You don't become rude to prove strength.
Your tone stays calm.
But your standards don't bend.

7. You Keep Your Life Private
Not everything needs to be shared.
Peace grows when everything isn't exposed.

8. You Prioritize Your Health
Mentally. Physically. Emotionally.
Because you understand — without health, nothing else works.

9. You Keep Your Promises Small and Real
You don't overcommit to impress people.
You say less… and follow through more.

10. You Help Without Showing Off
You don't need credit for doing good.
Because your values matter more than attention.

11. You Choose Silence Over Unnecessary Noise
Not every argument deserves your voice.
Sometimes, walking away is power.

12. You Choose Growth Over Comfort
You do hard things — even when no one is watching.
That's where real confidence is built.

13. You Maintain Clean Daily Habits
Small routines.
Consistent discipline.
Self-worth shows in what you do every day.

14. You Stay Focused on Your Path
Less comparison.
Less distraction.
More alignment with your own journey.

15. You Choose Peace Over Ego
Winning an argument isn't everything.
Protecting your inner peace is.

Stay Mentally Strong In A High-Pressure Job

1. Separate Your Identity from Your Job Title
Your job is what you do—not who you are. Don't tie your self-worth to your position or performance.

2. Protect Your Mornings — Own the First Hour of Your Day
How you start your day sets the tone. Avoid jumping straight into stress. Take time to plan, breathe, and prepare mentally.

3. Set Boundaries or the Job Owns You
Be clear about your limits. Constant availability leads to burnout, not success.

4. Debrief Bad Days Privately
Reflect, learn, and let go. Don't carry today's stress into tomorrow.

5. Build a Life Outside Work
Strong relationships beyond your workplace keep you grounded and remind you there's more to life than deadlines.

6. Move Your Body Daily
Stress doesn't just stay in your mind—it lives in your body. Exercise helps release that pressure and clears your thoughts.

7. Say No Before It Turns Into Resentment
Every "yes" has a cost. Protect your time and energy by declining what drains you.

8. Stop Seeking Validation from the Wrong People
Not everyone's opinion matters. Focus on those who support your growth and respect your peace.

9. Treat Rest as a Necessity, Not a Reward
Rest isn't laziness—it's recovery. Without it, performance drops.

10. Protect Your Energy at All Costs
Your energy fuels everything—your work, your mood, your decisions. Guard it like your success depends on it—because it does.

Smartest Life Hack You've Ever Learned

1. Pay attention to the smell of your house when you return from a trip - that's how it smells to your guests all the time; we just get used to it.

2. When a friend is feeling sad, ask them a simple question before saying anything else: "Do you want to talk about it, or do you want to distract yourself from it?"

3. Keep inviting that friend who always says *no* .

4. It's important to know when to stop arguing with people and simply let them be wrong.

5. After a bad breakup, do 10 things your ex would never do to you. You'll feel better and realize how much of yourself was being repressed.

6. If you want to learn a new language, discover the 100 most frequently used words and start with them. These words account for about 50% of everyday speech and should form a pretty solid foundation.

7. Librarians aren't just random people who work in libraries. They are professional researchers to help you find a place to start researching any topic.

8. Keep a separate main resume listing all past work experiences. When submitting a resume for a job application, duplicate the file and remove anything that might be irrelevant to the position. You never know when past experience might become relevant again, and you don't want to forget about it.

9. If someone offers you something you want, accept it. Don't reject every offer out of politeness.

10. When buying a blanket, always buy one that's at least one size larger than your bed. It's at least a hundred times more comfortable.

11. To get an email response from individuals notorious for not replying, phrase your questions in such a way that their lack of response is a response in itself.

12. Some people aren't good at asking for help because they're so used to being 'the helper'.

13. *A simple mathematical trick:* X% of Y is Y% of X. Therefore, if you want to calculate what 7% of 50 is, you can calculate what 50% of 7 is, which is 3.5. This means that 7% of 50 is also equal to 3.5.

14. For young people going to college for the first time: GO TO CLASS! No matter how hungover,

tired, or busy you are, being present is the most important factor for success in your first year as you adjust to living independently. Skipping classes is a dangerous path to failure.

15. Just because you did something wrong in the past doesn't mean you can't advocate against it now. It doesn't make you a hypocrite. You've grown. Don't let people use your past to invalidate your current mindset. Growth is a concept. Embrace it.

What Are The Best Life Hacks?

Here are some important hacks I've learned throughout my life:

- Always carry a pen with you, especially when traveling (you know that sometimes you won't have another option).
- When you see an animal crossing the road, be sure to stop, look, and wait. There will probably be a few more animals following.
- Use your foot to stop your phone from falling if you drop it (never try this with the Nokia 3310, you could seriously injure yourself).
- When you get together with your family, discuss common scams and life hacks that you know about but they don't.

- If a guest or host asks you if you'd like to take some leftover food home, always say yes. It will likely make them very happy.
- Answer the door wearing a coat. If it's someone you like, you can say you just got home. If it's someone you don't like, you can say you were just leaving.
- If you're selling something on eBay, offer free shipping and add the shipping cost to the main price.
- When sending a long string of numbers to someone, break it into groups of three or four digits separated by spaces to make it more readable.
- If you solve a problem that you yourself posted on a forum, add the solution so that others can use it for the same problem.
- Don't take other people's business more seriously than they take it themselves.
- If someone is introducing you to a song you really like, don't talk during the song unless it's about the music itself or something urgent. That song might mean a lot to the other person, and talking in the middle of it shows that you think your ideas are more important than theirs.
- Pay attention to how your house smells when you return from a trip – it's how it smells to guests all the time, you've just gotten used to it.

- When offering your condolences to someone who is grieving, focus on the PERSON and avoid talking too much about who they lost.

Forgive! Regardless Of What They Did To You

People misunderstand forgiveness.

I also used to. But not anymore. I get it now, so I would absolutely do it.

Let me tell you what I've learned about it after years of unnecessarily and painfully holding grudges and dealing with hatred.

When somebody does or says something that hurts you emotionally (not considering physical harm here), it's your own ego the one doing the hurting, not the person, because for words of somebody else to hurt you, first you have to believe those words are true.

Also, when people purposefully try to hurt others, there's usually a much deeper meaning in their words that speaks more about them and how they feel than about the person they are directing them at.

Forgiving somebody means you understand that they are hurting inside, because they feel afraid, not safe or unloved (sometimes even all of them combined) and that what they are throwing at you is their own suffering. Most of the times, whatever they say is all about them

releasing their inner tension and fear, and it usually is towards the ones they love the most because they only feel safe around them to do it.

If you do not forgive, the other person may not even notice and go on with their life, but you are going to be the one suffering for it, since hating someone and holding grudges takes a toll in your inner peace and doesn't allow you to move on with your life.

Forgiving somebody means you let go off the weight of what happened and that's the best thing you can do for your own wellbeing. To forgive is about you, not about them.

The ego is the only one that will try to convince you that you need to hate someone for what they did, since otherwise your identity can be compromised.

The moment you understand we're all the same, and each one of us carries their own story and that's what we project onto others with our words and actions, you start to realize nothing is personal towards you, since we're all dealing with our own demons and fear inside and that's what is going to show.

So, forgive, always, not for them but for yourself and your inner peace.

And also, remember that if you can give someone some unconditional love, regardless of what they do around you, that's going to be good for both of you.

There’s a lot of fear, hatred and unnecessary suffering in the world, so why not try to soften that a little bit by acting from love by default?

It's All In You

If you're looking for Love, Happiness, Worth, Peace, Health, Abundance, Harmony, Vitality, Joy... on the outside, in external things, I'm afraid you're mistaken, my friend.

I used to do it. Try to find out there what I believed was missing in me.

Until I realized there's nothing missing in me.

There's nothing missing in you.

You are not "broken", you do not need to "heal", you don't need to "improve" or look for something that “completes" you.

You are already complete as you are right now.

You are already enough, you have always been and always will be.

Everything that you're looking for outside yourself is already in you.

You are the Love you seek in others, but you believe you need others to feel loved.

You are the Joy and Happiness you look for in the external things, but you believe you need those things to feel Happy and Joyful.

You are worthy, but you keep looking for approval and validation to be able to feel it.

The story we tell ourselves about who we are is biased and full of lies that we have come to believe through the years because our nervous system is wired for survival and our brain is programmed to predict and protect.

But what would be available for you if for once you believed, like truly believed, you already are everything you've been looking for?

What would be possible if you trusted that the eternal soul that you are is untouched and complete no matter what happens to the human body?

What if you started living from all those things you are, love, abundance and joy, instead of living from fear, luck and suffering?

What if you surrendered to the natural flow of life with the absolute confidence that whatever is happening is there for you and you're always held and protected?

Just give it a try.

Try telling your nervous system that it's not necessary to feel afraid by doing those things you unconsciously fear the most.

Tell it that you're safe by taking deep breaths, dancing, taking long slow walks and engaging with other people in meaningful conversations.

The body always knows everything before the mind tries to make sense of it, but many years of lies, conditioning and experiences have told your nervous system that it's not safe out there, that it's not safe to be you.

Start trusting your body again and listen to your intuition that is your divine compass through this amazing life adventure.

It's all in you. You are it. There's nothing to seek, only the experience to fully live it.

Just live from love and absolute trust in the process.

Ego Vs Essence

Your **EGO** is necessary for this physical earthly journey.

It protects you while you're here and it gives you an identity so that you don't get lost in the midst of all the external noise out there.

But the ego is there to serve you, not the other way around.

It is a tool you use, because it's helpful for the human experience.

The problem comes when you identify and get attached to the character it has created for your survival, and you defend it like it's actually who you are.

That's when the ego is using you, since it's illusionary, it cannot exist unless you feed it.

Your name, your body, your nationality, your job, your titles, your achievements, what you can or cannot do…

It is all part of the persona the ego has built up and it all makes you believe you're separated from everything and you need to protect yourself all the time.

But that story is a lie, it's just what the ego needs to survive, but it's not you.

———

Your **ESSENCE**, on the other hand, is who you really are.

It is your true nature: an eternal soul that's here for the experience, to learn more about itself through the contrast the Earth provides and for the fun of it.

Every time you feel love, peace, joy… even if it's a single second, that's your essence talking.

We get lost in the daily routines and the ego speaks very loud, so most of the time we don't even listen to that little voice that usually disguises as our intuition.

But that's what truly matters, cause that voice is our true self trying to stir us in the right direction.

The key to making this human journey fulfilling and meaningful is to try to stop more often and listen to that little voice that is all the time trying to remind us about who we truly are.

Whenever you're feeling loving, joyful, at peace or connected to something bigger that your character, that's your true essence giving you hints to keep going that way, because it's the right way.

For me that feeling appears when it's raining, when I'm listening to music, playing it or dancing to it, when I'm being kind to others or I'm the presence of some act of kindness from someone else, when I'm in nature or there's animals around, when I connect with other beautiful souls…

Try to find what makes you feel that way, because that's your true nature screaming out loud the direction you need to follow.

Remember to not misunderstand who you truly are (essence) with who this physical world has turned your avatar into (ego).

What Happen When A Person Starts Losing Direction In Life

It never happens all at once.
Nobody wakes up one morning completely lost.

It begins quietly, with small delays, numb routines, empty scrolling, fake smiles, and the strange feeling that your life is moving… but not really going anywhere.

1. THEY START LIVING ON AUTOPILOT

Days begin to blur together. Wake up. Scroll. Survive. Sleep. Repeat.

A person losing direction slowly stops making intentional decisions and starts drifting through life like a passenger trapped inside their own routine.

2. EVERYTHING STARTS FEELING EMOTIONALLY HEAVY

Even simple tasks begin feeling exhausting. Replying messages feels like work.

Small responsibilities feel massive. And the scary part? They often cannot explain why their energy disappeared in the first place.

3. THEY DISTRACT THEMSELVES CONSTANTLY

Look closely and you will notice it.
Excessive scrolling.

Endless entertainment. Random noise playing all day.

Because silence becomes dangerous when a person is avoiding the uncomfortable truth that they feel disconnected from their own life.

4. THEY LOSE EXCITEMENT FOR THE FUTURE

A mature dream gives people energy. But when direction disappears, tomorrow starts looking emotionally flat.

They stop planning.

Stop imagining. Stop feeling pulled toward anything meaningful. And honestly, that emptiness is terrifying.

5. THEY START COMPARING THEIR LIFE TO EVERYONE ELSE

Because when people lose connection with their own path, they become obsessed with other people's timelines.

Suddenly everybody online looks happier, richer, smarter, more successful, even when half of it is filtered nonsense.

6. THEIR SELF-DISCIPLINE STARTS COLLAPSING

The gym becomes inconsistent. Sleep gets worse. Promises to themselves slowly break apart.

And why? Because discipline becomes difficult when a person no longer feels emotionally connected to where they are going.

7. THEY FEEL LONELY EVEN AROUND PEOPLE

This part hits hard.

You can laugh with friends, sit with family, talk all day, and still feel internally disconnected.

Because direction is not just about goals. It is also about feeling mentally alive.

8. THEY BECOME OVERLY NOSTALGIC

People who feel lost often live emotionally inside old memories. Old relationships.

Old versions of themselves. Old moments when life "felt right." The past becomes emotionally addictive when the present feels empty.

9. THEY STOP RECOGNIZING THEMSELVES

This is usually the breaking point.
They look at their habits, mindset, energy, and lifestyle and quietly think: "What happened to me?" Not dramatically. Not loudly.

Just a slow internal confusion they cannot fully explain.

THE PART PEOPLE NEED TO HEAR

Losing direction does not mean your life is over.

Sometimes it simply means your old identity can no longer carry your future.

And weirdly enough, that confusion can become the beginning of clarity — if you stop running from it.

Start small:

- clean your environment
- reduce mental noise
- rebuild one habit
- spend time alone without distractions
- ask yourself difficult questions honestly

Because direction rarely returns through motivation.
It usually returns through movement.

Even slow movement.

FINAL THOUGHT

Some people are not lazy.

Some are just mentally exhausted from carrying a life that no longer feels connected to who they are becoming.

And maybe that is the real danger of losing direction — not failure, but slowly becoming a stranger to yourself.

So let me ask you this:

When was the last time you truly felt connected to your own life?

Most Engaging Psychology Secrets for Men

1. Silent Confidence

Walk with calm controlled movements and kept a relaxed posture. Such subtle confidence will attract respect without ever saying a word in return.

2. Controlled Eye Contact

Maintain eye contact a little longer than usual in conversations. It creates a feeling of greater connection, and it stands out as confidence.

3. Scarcity Principle

Tell them you have just a few minutes or that you're short of energy. People will enjoy you more the more they feel that your time is hard to come by.

4. Mystic Persona

Do not open up too much to others. A little mystery makes people more interested and want to find out more about you.

5. Slow Response

When you text or message someone, delay your response by a little while especially when the person is trying to win your attention. It creates an intrigue and shows that you are in control of your time.

6. Keep Calm Under Pressure

When a person is upset or panicking, maintain a steady, calm voice. It subtly asserts dominance and makes others look at you for direction.

7. Putting Your Ideas Across as Theirs

When you want to influence someone, introduce your idea subtly and let them take some credit. People commit more easily to an idea if it is theirs partially.

8. Silent Validation

You can encourage people to open up and share more with you by using small nods and brief affirmations such as "I **see**" or "**That makes sense**."

9. Unexpected Kindness

Sometimes, surprise people with small unexpected kindnesses or supports, particularly when they would least be expecting them.

10. Exit with Impact

When you are leaving a conversation, you make eye contact and leave with a confident "**Take care**." It always leaves an impression.

How do rich people start to become rich?

It is mathematically impossible to get rich by renting out your time. The starting line for wealth is the exact moment you stop chasing a salary and build systems that work while you sleep.

When your income is strictly tied to an hourly wage, your wealth has a hard ceiling because there are only so many hours in a week. To break this ceiling, the first step is decoupling labor from compensation by acquiring a scalable skill, such as writing software, specialized sales, or copywriting. This increases earning power and creates the surplus capital needed for the next phase.

The transition from wage-earner to wealth-builder happens through sweat equity. Instead of spending their evenings consuming media, future millionaires spend them building assets. These assets might be a small agency, a software tool, or an e-commerce brand.

The physical starting point for these assets is rarely glamorous. In 1939, Bill Hewlett and David Packard did not secure venture capital to start a technology firm.

They started with $538 and a rented one-car garage in Palo Alto where they built audio oscillators.

The rented one-car garage in Palo Alto where Bill Hewlett and David Packard founded HP in 1939. Source: Wikimedia Commons.

They weren't clocking in for an hourly wage in that space. They were building an asset—a product they could design once and sell repeatedly.

Once an asset has traction, wealth creation accelerates through leverage, which allows you to multiply the output of your work without increasing your input. There are four primary forms of leverage: labor (people

working for you), capital (money working for you), code (software doing the work), and media (content reaching a broad audience). Code and media are particularly powerful because they have a zero marginal cost of reproduction; an application written once can serve a million users simultaneously without requiring additional effort from the creator.

The final mechanism is ownership. You must hold equity—a piece of a business, an index fund portfolio, or real estate. The factory that runs automatically, the computer program serving users at night, or the property appreciating while you sleep are the actual vehicles of wealth. The pivot from chasing a larger salary to acquiring equity is the exact point the process begins.

11 Things You Should Never Believe In Life

The most dangerous lies are not the obvious ones. They're the ideas society repeats so casually that nobody even stops to question them anymore.

That's why millions of people destroy themselves while believing they're doing everything "right."

1. "CLOSURE WILL GIVE YOU PEACE"

No, it won't. Some people explain everything perfectly and you still feel empty afterward.

Because peace rarely comes from answers. It comes from emotional acceptance.

And look… some people become addicted to explanations simply to avoid letting go.

2. "SELF-AWARENESS AUTOMATICALLY CHANGES PEOPLE"

This one traps intelligent people badly. Somebody can fully understand their toxic habits, trauma, manipulation, and emotional damage… yet still repeat them daily.

Awareness without discipline is just sophisticated self-destruction wearing glasses.

3. "YOU ALWAYS ATTRACT WHAT YOU DESERVE"

Not true. Sometimes good people meet damaged people. Loyal people meet manipulators.

Honest people meet liars. Life is not a clean little karma machine, lol.

Randomness, timing, emotional blindness, and vulnerability shape relationships more than people admit.

4. "EMOTIONALLY UNAVAILABLE PEOPLE DON'T FEEL DEEPLY"

Funny enough, many emotionally unavailable people feel too deeply. That's the problem.

Some people shut down emotionally not because they lack feelings, but because their feelings overwhelm them faster than they can process them safely.

5. "THE RIGHT PERSON WILL NEVER CONFUSE YOU"

Even healthy relationships contain confusion sometimes.

Human beings are inconsistent creatures carrying fears, stress, trauma, ego, attachment styles, and emotional blind spots.

The real danger is believing temporary confusion automatically means something is fake.

6. "YOUR THOUGHTS ARE ALWAYS YOUR OWN"

Most people are walking around carrying opinions they never consciously built themselves.

Family planted some. Social media programmed others. Society finished the rest.

And honestly? A frightening number of people mistake conditioning for personality.

7. "HEALING MAKES YOU SOFTER"

Sometimes healing makes people colder first. More selective. Less forgiving, Less emotionally available to chaos.

Because after enough pain, many people stop romanticizing suffering and finally start protecting their peace aggressively.

8. "CHEMISTRY MEANS COMPATIBILITY"

No. Chemistry can come from anxiety, unpredictability, trauma patterns, emotional distance, or unresolved wounds.

Some connections feel powerful precisely because they trigger your nervous system, not because they are healthy for your future.

9. "PEOPLE HATE HONESTY"

Not exactly. People hate honesty that threatens the version of reality they built to emotionally survive.

That's why some truths don't create reflection… they create defensiveness, anger, or sudden distance.

10. "YOU WILL INSTINCTIVELY KNOW WHEN SOMETHING IS WRONG"

Not always. Human beings normalize dysfunction terrifyingly fast.

That's why some people remain in manipulation, disrespect, emotional neglect, or burnout for years before suddenly realizing, "Wait… this has been destroying me slowly."

11. "THE BIGGEST THREATS IN LIFE LOOK DANGEROUS"

Most don't. The biggest threats usually arrive disguised as comfort. Endless scrolling.

Constant distraction. Low standards. Emotional avoidance. Tiny compromises repeated daily.

That's how people slowly lose entire versions of themselves without noticing until years later.

The older you get, the more you realize life is not ruined by dramatic disasters alone.

Sometimes it's ruined quietly… through beliefs that sounded harmless for far too long.

That's why growth feels uncomfortable. You are not just changing habits.

You are unlearning entire ways of seeing reality.

Lessons from Psychology of Money

1.Nobody is insane.

Individuals use their own mental models of how the world functions to justify their financial actions based on the knowledge they currently possess. Money choices are influenced by one's background and upbringing.

When we have money, we do insane things. However, nobody is insane.

2.Chance and Danger

Both of these represent the fact that everything that happens in life is influenced by factors other than personal initiative. You can believe in one and not the other because they are so similar. The world is too complicated to let one hundred percent of your actions determine one hundred percent of the results.

3.Never Enough

Without a sense of sufficiency, life isn't enjoyable. Realizing that the opposite—an unquenchable want for more—will drive you to regret is enough. The fight against social comparison is an unwinnable one. Recognize that you will have less than people in your immediate vicinity.

4.Compounding confusion

Warren Buffet's net wealth of $84.5 billion, $81.5 billion was acquired after he turned 65. His secret is time, but his skill is investing. The most effective thing you can do to improve your investing performance is to extend your time horizon.

5.Making Money vs. Maintaining

It Being paranoid and frugal at the same time is the only way to remain prosperous. It takes risk-taking, optimism,

and putting yourself out there to make money. However, risk-taking is the antithesis of keeping money.

6.You Win, Tails

Given that a small number of events account for the majority of outcomes in finance, long tails—the extreme ends of the result distribution—have a significant impact. A tail event is the cause of anything significant, lucrative, well-known, or powerful.

7.Liberty

The greatest dividend money can give is the freedom to manage your time and do as you like. Living your life as you see fit is the ultimate form of prosperity. It is impossible to overestimate the intrinsic value of money since it allows you to have control over your time.

8.The Man in the Car Paradox

Nobody is as awed by your belongings as you are. To gain favor and admiration, people frequently flaunt their money. In practice, though, admiration is frequently avoided. They measure their own desire to be liked and admired against your money.

9.What You Can't See Is Wealth

We often evaluate wealth based on appearances, such as homes, vehicles, and clothing. Investment accounts are not visible to us. We measure financial success based on appearances. Real wealth is not readily apparent. It is

assets that have not been transformed into visible objects.

10.Conserve funds.

Increasing your savings rate is more important for building wealth than your income. Wealth comes from having less ego. The difference between your paycheck and ego is what you save. If you want less, you can spend less. If you don't care what people think of you, you'll want less.

11 Dark Psychology Tips You Actually Need

The world is not always honest.
Some people smile while studying your weaknesses.
Some people flatter you while quietly competing with you.

And the older you get, the more you realize human behavior is less about words... and more about hidden motives.

1. PEOPLE REVEAL THEMSELVES WHEN THEY ARE EMOTIONAL

Anger, jealousy, excitement, rejection — emotions loosen masks. Watch people carefully during emotionally intense moments.

The calm image they worked hard to maintain usually cracks, and the real personality leaks through the pressure.

2. SILENCE MAKES PEOPLE UNCOMFORTABLE

Most people rush to fill silence because silence creates psychological pressure.

And funny enough, the person who speaks first often reveals more than they intended.

Sometimes the strongest response is simply watching quietly.

3. PEOPLE RESPECT WHAT THEY FEEL THEY CAN LOSE

Sad truth, right?
People often take constant availability for granted.

When your attention becomes too cheap, your value drops emotionally.

Healthy distance teaches people your presence is not something they automatically own.

4. CONFIDENCE CHANGES HOW PEOPLE INTERPRET YOU

The same sentence sounds different depending on delivery. Hesitation invites doubt.

Certainty creates influence. Human beings are deeply affected by energy, posture, tone, and emotional presence — even more than logic sometimes.

5. MOST PEOPLE TELL ON THEMSELVES INDIRECTLY

Look closely.
People often project their own behavior onto others. A dishonest person constantly suspects betrayal.

A manipulative person assumes everybody has hidden motives.

Sometimes accusations are quiet confessions wearing different clothes.

6. ATTENTION IS A FORM OF POWER

Who controls your attention controls your emotions.

That is why algorithms, toxic relationships, and manipulative people fight so hard for your focus.

Your mind becomes shaped by whatever repeatedly enters your emotional space.

7. PEOPLE TEST BOUNDARIES BEFORE THEY RESPECT THEM

Some people push limits slowly — little disrespect here, small manipulation there, just to see what you tolerate.

And if you constantly excuse bad behavior, you accidentally teach people how to mistreat you.

8. CHARM AND GOOD INTENTIONS ARE NOT THE SAME THING

This one saves lives emotionally.
Some people know exactly how to sound intelligent, caring, attractive, or emotionally deep.

But charisma is not character. A beautiful mask can still hide dangerous intentions underneath.

9. FEAR OF REJECTION CONTROLS MANY PEOPLE

Look around and you will notice it everywhere. People stay quiet to fit in.

Stay in toxic relationships to avoid loneliness. Pretend to agree just to stay accepted. Rejection terrifies the human ego.

10. PEOPLE OFTEN BELIEVE WHAT THEY WANT TO BELIEVE

Not what is true. What feels emotionally comfortable. That is why manipulation works so well sometimes.

If a lie protects somebody's ego, insecurity, or fantasy, they may defend it harder than reality itself.

11. EMOTIONAL CONTROL IS QUIETLY A SUPERPOWER

The person who stays calm during pressure usually controls the room psychologically.

Emotional reactions make people predictable.

Calmness makes people difficult to manipulate because they respond with awareness instead of impulse.

READ THIS CAREFULLY

Dark psychology should not turn you into a manipulator.

It should turn you into someone harder to deceive.

Because understanding human nature is like carrying a flashlight into a dark room.

The goal is not becoming darkness yourself, it is finally seeing clearly enough to stop walking blindly into danger.

Learn:

- how people manipulate
- how emotional pressure works
- how boundaries protect peace
- how attention affects your mind
- how insecurity changes behavior

Awareness changes everything.

FINAL THOUGHT

The most dangerous people are rarely the loudest. Sometimes they are calm, charming, patient, and emotionally observant.

And honestly? That is why blind trust has destroyed so many intelligent people throughout history.

So here is the real question:

How many of your decisions are truly yours… and how many were emotionally influenced without you noticing?

Why Your Partner May Stop Loving?

Love rarely dies loudly.

It dies quietly, inside ignored conversations, repeated disappointments, emotional neglect, and the dangerous assumption that somebody will keep loving you no matter how poorly the relationship is being handled.

LOVE DOES NOT SURVIVE ON FEELINGS ALONE

This is where many people get confused.

They think love is self-sustaining once emotions are strong enough.

But relationships are more like gardens than movies. Ignore them long enough and weeds start growing where intimacy used to live.

And honestly? Most breakups happen emotionally long before they happen physically.

A person can still sleep beside you while slowly disconnecting internally.

YOU MUST LEARN HOW TO COMMUNICATE WITHOUT TURNING EVERYTHING INTO WAR

Look, nobody wants to feel emotionally attacked every time a problem appears.

If every disagreement becomes:

- yelling
- shutdowns
- sarcasm
- manipulation
- silent treatment
- or ego battles

your relationship slowly becomes emotionally exhausting.

Mature communication is not about "winning" arguments.

It is about making the relationship feel emotionally safe enough for honesty to survive.

Because once somebody feels safer staying silent than expressing themselves, distance quietly begins growing.

CONSISTENCY MATTERS MORE THAN OCCASIONAL ROMANCE

One big romantic moment cannot repair months of emotional inconsistency.

People feel loved through patterns:

- regular effort
- attention
- reliability
- emotional presence
- respect during ordinary moments

That is the part social media rarely shows you.

Anybody can act loving temporarily. Real love reveals itself repeatedly.

And yes, people notice when effort slowly disappears.

YOU CANNOT NEGLECT YOURSELF AND EXPECT THE RELATIONSHIP TO STAY HEALTHY

This part is uncomfortable.

Sometimes relationships suffer because one person slowly loses themselves completely.

No ambition. No emotional growth. No discipline. No direction. Just emotional dependence disguised as love.

Your partner wants connection — not the pressure of becoming your entire identity.

A healthy relationship still needs two emotionally alive individuals inside it.

SMALL DISRESPECT DESTROYS LOVE FASTER THAN BIG MISTAKES

Funny enough, relationships often collapse through repetition, not catastrophe.

The little things matter:

- dismissive tones
- public embarrassment
- constant criticism
- lack of appreciation
- emotional carelessness

Because resentment builds quietly.

And once somebody starts feeling emotionally unseen for too long, affection begins drying up internally like water under heat.

YOU MUST LEARN HOW TO HANDLE YOUR EGO

Here's the thing:

Ego ruins relationships because it hates accountability.

It would rather defend itself than repair connection. So instead of saying: "I hurt you." people say: "You're too sensitive."

That single habit destroys emotional intimacy faster than most people realize.

Love struggles to survive where pride is constantly competing for control.

PEOPLE NEED TO FEEL CHOSEN REPEATEDLY

Not assumed. Chosen.

There is a difference.

Never get so comfortable that your partner starts feeling emotionally invisible beside you. Attention matters. Affection matters.

Effort matters. Even small gestures matter more than people pretend.

Because eventually somebody gets tired of begging emotionally for what should feel natural.

And once emotional exhaustion enters love, detachment quietly follows behind it.

BEFORE IT IS TOO LATE

Do not wait until:

- the conversations become dry
- the affection disappears
- the resentment hardens
- the silence becomes normal

before you finally start learning how to love properly.

Because by the time people openly say: "I don't feel the same anymore…"

the emotional distance usually started months earlier.

FINAL THOUGHT

Love is not maintained by promises alone.

It survives through emotional intelligence, effort, humility, attention, patience, and the daily decision to care even after the excitement becomes familiar.

And maybe that is the scary part.

Not that love can disappear…

…but that people often notice it disappearing only after the warmth is already gone.

So tell me:

Are you building emotional safety inside your relationship… or slowly teaching your partner how to live without you?

14 Powerful Rules For Magnificent Life

1. Prioritize focusing on your success and wealth before pursuing relationships.

2. Overindulgence in pleasure can cause you to lose control of your goals.

3. Remember, you've been set apart by God to build something greater—your purpose.

4. When things start going well, embrace it—your hard work has earned it.

5. Don’t let pride stop you from taking any job to cover your expenses until you land your dream position.

6. Never let bitterness take root, no matter how tough life gets. A man who remains composed in chaos is a true leader.

7. Aim to marry someone who honors and respects her father—it's a crucial trait.

8. Fasting is one of the most powerful forms of healing.

9. A supportive partner enhances your strengths, while a toxic one amplifies your flaws.

10. Confront your inner struggles. A man who heals on his own becomes a formidable force.

11. Avoid eating or drinking in places where you haven’t contributed—people tend to gossip.

12. Avoid distractions: stay away from porn, minimize sugar, stay hydrated, exercise regularly, pursue financial success, pray daily, network, improve your skills, and maintain a healthy lifestyle.

10 Rules That Will Make You Confident

1. Slowly talking is a sign of confidence, when you talk slowly you control the pace of the conversation.

2. Never respond immediately, use the 3-second rule, which means waiting 3 seconds before answering. Do it cold & concise. Instant reaction is unthinkable approach.

3. Walk with your shoulders back, chest up and chin towards God. Always maintain good posture.

4. If you still care what other people think about you, you never learned anything in life.

5. When you smile, use the warmth of your eyes and lips less. This way your smile will look more genuine.

6. Accept what you can't control and ignore.

7. Build a life that you want instead of building someone else's life.

8. Become strong financially, physically, mentally and spiritually.

9. Stop seeking attention and validation. Do what you think is right. Even if everyone thinks it's not right.

10. Learn how to fight Don't be like one of those soy boys who shrinks like a little girl as soon as someone raises their voice at them.

7 Things "Never" Do In Front Of Others

1. Never Constantly Complain About Your Life

People may sympathize with you today, but many will discuss your struggles tomorrow. Share your burdens with trusted people, not every listening ear.

2. Never Argue With Loved Ones in Public

Disagreements happen, but public arguments leave lasting impressions. Strangers often remember your worst moments longer than your best ones.

3. Never Excessively Brag About Your Children

Celebrate your children with gratitude, not comparison. Jealousy is often silent, and not everyone applauds your happiness sincerely.

4. Never Show That Someone Has Power Over You

The moment people sense intimidation or dependency, some may try to use it against you. Respect others, but never diminish your own worth.

5. Never Count or Flaunt Your Money Publicly

Wealth attracts attention — not all of it good. Privacy protects peace, security, and genuine relationships.

6. Never Speak Badly About Others

Words travel faster than intentions. What you say about others often reveals more about you than about them.

7. Never Let Strangers Get Too Close Too Quickly

Not every smile is sincere, and not every visitor wishes you well. Trust should be earned slowly, not given instantly.

Psychology Says

1. The cells in your body respond to what your mind thinks. Negative thoughts can weaken your immune system.

2. The best way to value someone is to imagine life without them.

3. Crying is healthy. Tears clean the eyes, reduce stress, and improve mood.

4. Missing someone without being able to reach them often causes mood swings, irritation, and frustration.

5. During an argument, a calm voice makes you appear stronger and more in control.

6. Good posture improves confidence. Standing tall and taking space changes how you feel and how others see you.

How to Earn Respect

1. Do not call anyone more than twice.

2. Avoid being too friendly beyond what is needed.

3. Share advice only when someone asks for it.

4. Speak less and keep some things private.

5. Do not reveal your next plan to everyone.

6. Look for multiple ways to earn and save money.

7. Do not try to please everyone.

8. Do only what you believe is right.

9. If someone has helped improve your life, always thank them.

Life Changes Fast

1. Once you thought that adults were great at everything; and suddenly you become an adult yourself, but no one really does.

2. Sometimes, you think that those grades will decide your entire life; and then the realization hits you that life is so much more.

3. Sometimes, you believe talent is all a matter of life; only to realize that personality has much to do with everything too.

4. One day you think that looks don't matter; the next day you begin to care for how you look.

5. One day you think money doesn't matter; the next day you are learning about finances and wish you knew more.

6. One day you are looking to others for advice; the next day you find yourself giving it and nobody has all the answers.

7. You want one day, to be believed in; on the other day, there is a desperate look forward, and now you're disappointed that no one may help.

8. Today you envy who has all of it. The very next day you have also "all", but realizes that your life consists of ups and downs and continues to evolve.

9. Today, you think success is had with little shortcut; you wish a whole lifetime you could see life again to enjoy life on the ride.

10. One day you spend time with family perhaps not giving it much of a thought; the next day they are gone and you wish you had paid them more attention.

How To Get Powerful Personality

1. Don't get your hair done on the day of a big occasion.

2. If you are given a secret, don't divulge it.

3. When spending time with family, turn off your cell data.

4. When visiting someone's home, compliment them on their meal.

5. If you don't want to regret it later, ask her out now.

6. Don't submit to a woman.

7. Don't put your trust in anyone. Don't tell anyone your secrets.

8. Develop the ability to refuse.

9. Work out. While you can, take care of your health.

10. Go to bed on schedule and get up early.

11. Spend later, invest first.

12. Your kids only get to experience one childhood. Make it unforgettable. The same is true for you.

13. Nobody cares, therefore put in a lot of effort and keep yourself safe.

How To Dominate In Relationships

1. Be stronger than her

- Let's be honest
- We live in an ugly world
- Weak men roaming around the streets
- It's not pleasing to watch it
- It's never been easy before.
- Just go and lift some weights
- Move things around the house

- Do anything that would make you look stronger than her
- You just need to have a bigger frame than her.

2. Be more experienced than her

- Nobody appreciates an inexperienced man
- When I say experience I mean everything
- You should have travelled more than her
- Read more books than her
- Obviously should have collected more achievements than her
- This alone puts you in a driver's seat.

3. Learn more about women

- This is a non-negotiable
- In order to dominate her
- You need to know more about them.

4. Have a huge network

- You could have seen this in the movies
- The mafia boss just makes a phone call and in 15 mins the problem is solved
- Do you know why?
- Because he knows the "right" people.
- You need to know many people in this world
- You need to be making connections providing value to them
- This gives you social proof
- Automatically increases your value as a man.

5. Always prioritise your mission

- Your mission always comes before women
- Instill this in your mind
- Guys who have mastered this will never be weak
- This will save you from many problems you may face in the future.

6. Be ready to walk away

- Never put yourself in a position of fear & scarcity
- She isn't special
- There is an endless supply of girls.

Stay Dominant In Social Relationships

1. Build internal authority

• Stop seeking approval from everyone
• People sense insecurity faster than words
• Know what you stand for
• Speak less, mean more
• Stay calm under pressure
• The person who controls emotions controls the room.

2. Become valuable, not loud

• Influence doesn't come from volume
• Learn useful skills
• Solve problems
• Be someone people can rely on
• Respect grows where value exists.

3. Control your availability

• Don't always be accessible

• Your time should mean something
• Say no when needed
• Keep boundaries
• Scarcity creates attention.

4. Understand people better than they understand themselves
• Observe before speaking
• Notice motivations
• Listen carefully
• Learn what drives people
• Insight creates influence.

5. Build social leverage
• Know people
• Help people
• Connect people
• Reputation travels faster than introductions
• Your network becomes your reach.

6. Never negotiate your purpose
• Relationships are important
• But identity shouldn't disappear inside them
• Have goals outside people
• Stay committed to your direction
• People respect those who can stand on their own.

7. Be willing to leave unhealthy dynamics
• Neediness destroys influence
• Fear makes people compromise values
• Not every relationship must be saved

• Walk away with dignity when required
• Freedom changes the balance of power.

Keep Ahead in Men's Class

1. **Men are happiest when they are**:
- Lifting weights
- Making money
- Building a family
- Improving themselves

2. **Not invited = Don't go.**
- Not told = Don't ask.
- Late invites = Decline.

You were never part of the plan you've suddenly become a convenience.

3. Casual s*x, decent money and mediocre entertainment will make a man **throw all of his dreams** and goals in the trash.

4. Success comes down to a **simple choice:**
- Decide exactly **what you want.**
- Determine the **price** you have to pay.
- Choose if you're **willing to pay it.**

5. **Avoid telling people your goals.** It releases cheap dopamine and tricks your brain into thinking you've already achieved them (lowering motivation).

25 Rules of IKIGAI

1. Stay active and don't retire.
2. Leave urgency behind and adopt a slower pace of life.
3. Only eat until you are 80% full.
4. Surround yourself with good friends.
5. Get in shape through daily, gentle exercise.
6. Smile more and acknowledge people around you.
7. Reconnect with nature.
8. Give thanks to everything that brightens your day and makes you feel alive.
9. Live in the moment.
10. Follow your passion.
11. Stay connected to your sense of purpose.
    Don’t just stay busy—understand why you do what you do.
12. Keep learning throughout life.
    New knowledge, skills, and experiences keep the mind alive.
13. Appreciate small moments of joy.
    Simple daily pleasures often create lasting happiness.
14. Stop measuring your pace against others.
    Focus on personal growth rather than comparison.

15. Balance effort with rest.
    Sustainable living comes from rhythm, not constant pressure.
16. Be part of something greater than yourself.
    Family, service, community, or a meaningful cause adds depth to life.
17. Simplify where possible.
    Reducing unnecessary complexity creates more space for what matters.
18. Listen to your body and mind.
    Energy, fatigue, peace, and tension all carry useful signals.
19. Create something regularly.
    Write, build, teach, cook, grow, or solve problems—creation gives meaning.
20. Define success on your own terms.
    A meaningful life does not always follow conventional standards.
21. Accept imperfection.
    Growth comes from progress, not flawless outcomes.
22. Be fully present with people.
    Real connection comes from attention, not proximity.
23. Make room for silence and reflection.
    Quiet moments often reveal clarity and direction.
24. Contribute more than you consume.
    Helping others can become a powerful source of fulfillment.

25. Reevaluate your path from time to time. IKIGAI is not a destination—it is an ongoing discovery.

Stop Overthinking Others' Opinions

1. Remember that everything in life is temporary.
2. Most people are focused on their own lives, so do not fear their opinions too much.
3. Accept that not everyone will connect with you, and that is perfectly natural.
4. Being true to yourself does not mean becoming indifferent; it means respecting differences.
5. Build a life you value, appreciate what you have, and focus on your own journey.
6. Don't take criticism from someone you wouldn't take advice from.
7. Stop depending on others for approval; your worth is rooted in your values and actions.

"It never ceases to amaze me; we often care deeply about others' opinions while overlooking the importance of our own thoughtful judgment."

Mentally Strong People

1. They don't compare themselves to others. (There is nothing useful in comparison, everyone is on a different journey.)

2. They don't dwell on mistakes. (It is pointless to dwell; they look for solutions.)

3. They adjust to and welcome change. (Change is inevitable. You have to learn to accept it, adjust to new situations, and learn to work with changes.)

4. They take care of themselves and learn to say No. (They know boundaries are important to their wellbeing.)

5. They are positive and confident in their endeavors. (They go into every situation with a good attitude.)

6. They know they will experience failures. (Some failures are part of the course. They just handle them accordingly.)

7. They practice gratitude. It keeps life in perspective and keeps the good energy flowing.)

8. They Don't stay stuck on things they can't control focus on solutions and move forward.

9. They know the world does not Owe them anything they have to make their own way.

Best Lessons To Live A Great Life

1**. Logic will get you from A to Z;**
Imagination will get you everywhere.

2**. Life is like riding a bicycle**.
To keep your balance, you must keep moving.

3. Science without religion is lame.
Religion without science is blind.

4**. Try not to become a man of success**.
Rather become a man of value.
Success is about receiving, value is about giving.

5. The measure of intelligence is the ability to change.
Do what you know you should do.

6**. Two things are infinite**:
The universe and human stupidity; and I'm not sure about the universe.

7**. There are only two ways to live your life**:

1) Live as though nothing is a miracle.
2) Live as though everything is a miracle.

8. If A is a success in life, then A equals x plus y plus z.
X = work.
Y = play.
Z = keeping your mouth shut.

9. Genius is 1% talent and 99% hard work.
Genius is hard work in disguise.

10. If you want to live a happy life, tie it to a goal.
Not to people or things.

11. Only those who attempt the absurd can achieve the impossible.
Every visionary was once called a delusional fool.

12. If you have an hour to solve a problem:
• Spend 55 minutes thinking about the problem.
• Spend 5 minutes thinking about solutions.

13. The more you learn, the more you realize how much you don't know.
Dumb people think they know everything.
Smart people know they know nothing.

14. Compound interest is the 8th wonder of the world.
He who understands it, earns it.

He who doesn't, pays it.

15. Everybody is a genius.
But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid.

16. Learning is experience.
Everything else is just information.

17. Teaching should be such that what is offered is perceived as a valuable gift and not as hard duty.

18. Excellence is doing a common thing in an uncommon way.
19. Weak people revenge.
Strong people forgive.
Intelligent people ignore.

Things A Man Must Know By Age 25

1. A man must figure out how to judge people's authenticity.

This helps him avoid getting cheated or fooled in life.

This also helps him identify his true friends and enemies.

2. A man must figure out how to earn money.

Making your own money and getting self-sufficient is a non-negotiable for all men.

You have to obey who pays for your food and shelter.

To truly become independent a man must not depend on anyone for his survival.

3. A man must gain full control of his lust.

A man who can control his desires is a man free one of the most dangerous weapons used against men.

Women.

A man driven by lust is used by women as a slave.

4. A man must gain mental toughness, emotional stability and physical strength in his 20s.

These are every man's prime years, he can be anything he wants to be in these golden years.

This is when he understands his dependence on testosterone and optimizes it for life.

5. A man must gain command over his rage, anger, ruthlessness, kindness, love, patience and his tongue.

The right use of these at the right times can make him the best man alive.

Any man who fails in life is because he lost control of one or more of these.

6. A man should be knowledgeable about the 3 dark triads.

Identifying these in himself or in others will help him excel in life.

He can use people's nature to his advantage in almost all situations.

7. Most importantly, a man must figure out how to identify good women.

Choosing a wife is the most important decision of a man's life.

He can't get this wrong or everything else is spoiled by this.

Secrets Of Psychology

1. When you experience an unexplained tightness in your chest, it might mean someone is longing to connect with you.
2. Just because someone is preoccupied with thoughts of you doesn’t mean they can be easily forgotten.
3. If someone frequently occupies your mind, it’s likely that you’re also on their mind.
4. The deeper your emotional ties, the more challenging it is for your mind to release those connections.

5. And the most heartbreaking thing? There are individuals who linger in your thoughts long after they've walked away from your life.
6. These additions keep the reflective/self-development tone but avoid presenting speculative ideas as established psychology:
7. People often remember how you made them feel more than the exact words you said.
8. Your brain tends to notice evidence that supports what you already believe.
9. Emotions are contagious; the mood of people around you can quietly influence your own.
10. The more choices people have, the harder it can become to feel satisfied with any one decision.
11. Repeated thoughts can start to feel like facts, even when they are only assumptions.
12. Silence in conversations often reveals more than constant talking.
13. Your first impression of someone can shape how you interpret their later actions.
14. The mind naturally returns to unfinished experiences more than completed ones.
15. Gratitude shifts attention from what is missing to what is already meaningful.
16. People are usually less focused on your mistakes than you imagine.
17. Strong emotions can make time feel slower or faster.

18. The stories you tell yourself repeatedly become part of your identity.
19. Being understood often creates deeper connection than being agreed with.
20. Rest is not the absence of progress; it is often part of recovery and growth.
21. Sometimes closure does not come from answers—it comes from acceptance.

Cool Psychological Tricks That Are Really Useful

1. If you want a noisy audience to silence almost instantly.

Simply open your mouth as if you're speaking while simultaneously gesturing. People will immediately calm down, trying to understand exactly what you're saying or doing.

2. If you want to excite someone every time they meet you.

You should start acting very excited every time you meet someone, eventually they will start getting excited too without even realizing why.

3. If you have no motivation to learn a skill.

(an instrument or a new language, etc.), tell yourself, "OK, I'll sit and learn for five minutes." More often than not, you end up sitting for longer than five minutes. Even if you only sit for five minutes, it's better than not trying at all.

4. If someone bothers you at your desk too often.

Continue the entire conversation with them. Then, suddenly, get up and walk the person back to their own desk. They won't even realize how they got there.

5. If you can't maintain eye contact.

Try staring at the space between that person's eyebrows. They won't be able to tell where you're looking; they'll think you're still holding their gaze.

6. People will associate you with the adjectives you use about others. This phenomenon is called "spontaneous trait transfer." That is, if you say someone is sincere and kind, people will associate these qualities with you. If you always talk badly about others behind their backs, people will also associate these negative comments with you.

7. If you feel like someone is watching you, you can look at your watch or where you usually wear it. If the person is watching you, they will subconsciously look at their wrist/watch as well.

What Should Absolutely Never Do?

1. Never get involved with someone who is superior to you. It will be a fragile relationship. Eventually, that person will realize there is someone better out there for them, disappoint you, and cause you heartbreak.

2. Don't underestimate your opponent. You never know what they're capable of. Whether it's an easy fight or a difficult one, always keep giving it your all.

3. In long-lasting relationships, avoid being overly submissive or controlling. Find your strengths and become dominant in those areas. This creates a win-win situation for both parties.

4. Don't get married just for the sake of getting married. Get married when you are mentally and physically ready. Otherwise, your life will be ruined and your dreams will be shattered before your eyes.

5. You shouldn't do what you're good at for free. When people work for free, they start to take you for granted. Your value is completely lost.

6. Don't laugh at someone's failure. What goes around comes around. When the day comes that you fail (everyone fails once), it's terribly unpleasant when others laugh at you!

7. Don't try to trip others up to win the race. That won't work in the long run. Instead, you should improve your

own abilities by working hard and improving your skills. That's what will always make you a winner.

8. Don't try to force your opinions on others. That's just foolish. State your opinion politely and demonstrate how it fits perfectly. People will listen to and follow someone like that.

9. Don't make decisions too early or too late. Decisions made too early have many drawbacks, while decisions made too late cause confusion and lead you down the wrong path.

10. Never treat anyone rudely without reason. It will ruin your character and reputation. It is absolutely not a good thing.

Some Psychological Tricks Can Be Applied To Business

1. Dressing well makes you more trustworthy. Subconsciously, people tend to trust those who look good.
2. A person's anger lasts for about 12 seconds, after which their emotions begin to subside. Unfortunately, most people do or say things they later regret during those 12 seconds.
3. A lot of information can be gleaned from someone's appearance. Those who exercise are not lazy, and those with poor posture lack

confidence. Clothing reveals personality, and jewelry indicates hobbies. The tone of voice reveals emotional ups and downs.

4. If you feel like someone is secretly following you at a party, try yawning. If that person is looking at you, they'll unconsciously catch your yawn.
5. When you express your opinion, try nodding slightly. This sends a positive signal to the listener, and you may find yourself getting them to agree with your idea without them even realizing it.
6. The success rate of discussions and contracts being finalized while dining at a restaurant is relatively high. This is because eating together increases satisfaction and lowers the other party's guard, making negotiations easier for them as well.
7. Recognizing the wonderful qualities of others leads to improved self-awareness and increased happiness. The same applies to liking answers; expressing gratitude to those who answered makes you feel good too.
8. When people lie, they usually show surprise and repeat the question the other person asked before answering. This is to buy time to come up with a lie.
9. Appropriately repeating what the other person said will make them feel that you are listening carefully to them, and will strengthen your connection with them.

10. If you want someone to correct their flaws, don't scold them about them.

Paradoxes In Everyday Life

1. The more you seek acceptance from others, the less you will get it.
2. You can only be brave when you are afraid.
3. If you are not happy now, you will not be happy after you reach your goals.
4. We are not destined to be happy and content, but to be miserable and safe.
5. Without failure, there would be no consistent success.
6. Wisdom is realizing that you know very little.
7. The more you open up to others, the less they respect you.
8. No one will love you if you don't love yourself.
9. A king and a slave have the same task, namely serving others.
10. If you find yourself in unhealthy relationships over and over again, it's your fault - you're teaching others how to treat you.
11. Whatever you think is stopping you from living the life you want is not what is stopping you, but only you can stop it.

10 Signs of a Clever Person

1. A clever person often acts dumb to observe.

2. They listen more than they speak.

3. They pretend not to know, just to learn more

4. They stay calm when everyone else panics.

5. They use silence as a strategy

6. They hide their strengths in plain sight

7. They read people without needing words

8. They use humor to reveal truth.

9. They don't seek validation from others.

10. They never stop learning, even in silence.

The Hidden Psychology

1. When you genuinely care about someone, their emotions can influence yours.

Emotional connections allow our brains to resonate with the feelings of others. Their joy can uplift us, while their sorrow might bring us down. This phenomenon is known as emotional connection and empathy.

2. Those who speak less are often deeper thinkers.

Just because someone is quiet doesn’t mean their mind is empty. Many introspective individuals take in more

information, reflect thoroughly, and consider their words carefully before sharing their thoughts.

3. Your mind tends to revisit painful memories due to their emotional impact.

The mind frequently replays emotional incidents as it seeks to understand, learn from, or protect us against similar experiences in the future.

4. Suppressing feelings for too long can intensify them.

When we avoid dealing with emotions, they can accumulate and become increasingly difficult to handle later on.

5. People may come to appreciate your worth when your attention shifts.

Human behavior often reveals that people recognize the absence of something they previously took for granted.

6. Thinking of someone before sleep doesn't guarantee they're thinking of you too.

However, it does indicate that your mind values specific individuals or memories, especially in quiet moments.

7. Overthinking can cause your mind to fabricate nonexistent problems.

At times, our brains attempt to foresee every potential outcome, leading to unnecessary anxiety and stress.

8. The brain is particularly attuned to negative emotions.

We can often detect tension, sadness, or discomfort through nonverbal cues, voice, and actions.

9. Learning to remain calm is a sign of inner strength.

A tranquil mind enables us to make informed decisions rather than react solely based on emotions.

10. Gaining insights into psychology enhances our self-understanding.

The more we discover about thoughts, emotions, and behaviors, the clearer our understanding of human nature becomes.

Five Simple Reasons Why You Are Not Rich Yet:

1. Lifestyle Creep:

You make more money, but you also spend more every time your pay increases,

you try to buy a nicer car, watch, or house. You will never be wealthy if your expenses rise in direct proportion to your income.

2. Budgeting:

Your spending is impulsive, and you don't keep track of your money.

You will NOT become rich if you don't respect your purchases. Spend every penny carefully, regardless of how much you have.

3. You don't ask the right questions:

In the modern world, there are countless ways to learn about money and how to acquire it. If you are still poor, you are focusing on the wrong things.

Start with the basics:

- Learn how money works.

- Learn how banks operate. Go from there.

4. You hang out with losers:

I don't care how much grit you have. If you constantly surround yourself with people without ambition, it will affect you negatively. Have friends who:

- You can talk business with.

- Push you to your limits.

- Are not wasting their time.

5. Spend on assets not on liabilities

10 Truths for Strength

1. There's never a perfect time. Just start now and stop waiting.

2. You can't change the past. Worrying about it wastes your time.

3. Words can hurt. Use them to inspire, not to harm.

4. Success and failure show who you are. Stay humble when you succeed, and strong when things are tough.

5. Your ideas of happiness can make you unhappy. Appreciate your life as it is.

6. Screens can block real connections. Meet people face to face, and truly listen.

7. We judge ourselves by ideas and others by actions. Be someone others enjoy being around.

8. Don't expect others to give back what you offer. Not everyone is as caring.

9. No one has to help you. Stop blaming others and take charge of your life.

10. To gain something, you must be willing to give something up. What are you willing to sacrifice for your goals?

How could I get rich?

There are five secrets—-:

1. Rich means you **gave someone valuable things at affordable price and repeat it many many times**. That is the secret.
2. People give you money **because you have labored. You are genuine**.
3. People get rich because they **gained a business mindset** early. They ditched the scholars and employees operating system of their brain.
4. Rich people **provide value and build connections**.
5. Rich people are **interdependent**, not independent.
6. **Doing well in school won't guarantee** you to be super rich. Rich is what you did after school.

Sentences That Will Change Your Mindset

1. **Stop telling people everything.**

—Most people don't care, and some secretly want you to fail.

2. **Choose your friends wisely.**

—The fastest way to become better is to surround yourself with better people.

3. **Expect nothing, appreciate everything.**

—Be grateful for the little things in your life to find inner peace.

4. **Do your best and trust the process.**

—The harder you work, the luckier you will get.

5. **Control yourself, not others.**

—Controlling others is strength. Controlling yourself is true power.

6. **Learn to react less.**

—When you control your reaction, nobody can manipulate you.

Short But Powerful Lines

1. Train your mind to be calm in every situation.
2. A King isn't born, he is made.
3. Calm, but alert. Relaxed, but ready. Smooth, but sharp. Humble, but confident.
4. I passed my hardest moments alone, while everyone believed I was fine.

5. Never reveal everything you know.
6. Overthinking is the biggest cause of unhappiness.
7. Growth is uncomfortable because you've never been there before.
8. Learn to respond, not react.
9. Your greatest strength is your resilience in adversity.
10. Success is a journey, not a destination.
11. Courage is the ability to move forward in spite of fear.
12. Happiness is a choice, not a result.
13. Embrace change as a catalyst for growth.
14. Inner peace begins the moment you choose not to let another person or event control your emotions.
15. Confidence comes from discipline and training.

Simple Ways to Save Your Money

1. Open a savings account.

2. Save at least 30 percent of your income.

3. Spend only where it is necessary.

4. Give up costly habits.

5. Avoid showing off your wealth.

6. Do not borrow more than you can repay.

7. Limit or stop using credit cards.

8. Stay away from lotteries and quick money schemes.

Things You'll Never Know About Success

1. Life isn't fair. At times, you give it everything you have in a pursuit, and success doesn't magically appear. Sometimes you fail. That is part of the ride.

2. You will outgrow certain friendships and relationships along the way. That is just the ride that people take.

3. Don't wait on motivation; that is a trap. Success is about working when you don't feel like doing so.

4. Most successful people have routines that are repetitive, even mundane. Excitement comes from the results, not the daily grind.

5. Protect your time. Success isn't just about opportunities you take-it's about the ones you reject.

6. Focusing on others is a distraction. True success comes from beating your previous self.

7. Passion wanes, but skills grow with practice. So don't spend too much time on what you love as opposed to what you're great at and not in love with; don't miss what makes you a success.

8. Mindset: You will become what you believe, which creates your reality. If you don't believe you deserve success, then no strategy will work.

9. Chase money in the wrong direction, and burnout will be the result. Value creation is the attractive asset-money follows.

10. You're afraid of what others will think. But there's the reality of the matter: most people are too busy worrying about themselves to care about your shenanigans. Do it anyway.

Effective And Efficient Way To Become Rich

The rules you must learn to acquire wealth:

Over the years, I have learned that acquiring wealth is about understanding the rules that govern it.

It has little to do with the color of your skin, your religion, or whether you “deserve” to be rich or not.

The rules of wealth are like gravity. Gravity does not distinguish between “good” and “bad” people. The principles of gravity apply equally to everyone. The principles of wealth accumulation are the same. They are blind and apply equally to all.

Throughout my years as an advisor helping people build financial wealth, I have identified certain fundamental rules.

The first rule: Live below your means. MUCH BELOW. Invest the rest to create financial security and allow your money to grow for you.

The second rule: Buy great assets and hold them long-term. The key is to be rational and see the big picture rather than trying to guess what will happen in the short term.

The third rule: Increase your income. Improve in your job, start a side business, and earn more money. Use that extra money to buy more high-quality assets. Maintain this virtuous circle, and you will become rich faster than you ever imagined.

These are fundamental rules that most people tend to ignore.

Become A Disciplined Person

1. **MASTER THE FIRST HOUR OF YOUR DAY**

- Wake up and move immediately. No phone. No debate. Get up and get uncomfortable. (Phone only after the main task is done.)
- Cold water or sweat. Take a cold shower or do a 10-minute bodyweight workout. It shocks your

brain awake. (All successful people build habits like taking walks.)

- Write down your tasks. Not "goals", but specific actions you will take today. Repeat this for 30 days. Miss a day? Restart the count. Non-negotiable.

2. **CREATE A DAILY BATTLE**

Pick one thing you hate doing but know you need to:

- Go to the gym.
- Make sales calls.
- Do deep work without distraction.
- Say "no" to junk dopamine.

Make that your daily enemy.
Beat it every single day.
No cheat days. No breaks.

3. **BUILD MICRO-INTEGRITY**

Discipline is built when you become a man of your word.
Start small:

- Say you'll do 10 push-ups? Do 10, not 9.
- Say you'll read for 10 minutes? Read for 10, not 5.
- Say you'll sleep by 11? Turn the light off at 10:59.

When you stack small wins, your brain starts believing you again.
If you keep quitting, your brain will give up on you whenever you need it because it's just your natural habit.

4. **PUNISH LAZINESS IMMEDIATELY**

Skipped your task?
There's price:

- 100 push-ups

- Cold shower at night
- Delete an app for 7 days

Laziness should feel more painful than discipline.
Not living up to your potential should hurt. If you failed to wake up when your alarm went off, you should teach yourself that it has consequences.

5. **LIMIT YOUR CHOICES**
Discipline dies from decision fatigue.
Simplify your life:

- Same wake-up time
- Same meals (I've had the same breakfast for years)
- Same non-negotiable tasks

Routine builds warriors.
Randomness builds victims.
You're not confused.
You're just distracted.
Too loud. Too online.
Too focused on proving instead of improving.
The real glow up isn't asthetic. It's discipline, control, and silence.

Darkest Secrets of Success

1. Your mindset is everything

No matter where you live or who you are,
If you have a weak mindset you will never be able to compete against the top 1% of people...
To defeat 99% people,

You need to do something that history has never seen before…

2. Either be average or be a warrior

Stop being average because Men are born to be warriors,
So either be the only one history has ever seen before…
Or the number one on a particular skill,
That no one can compete against you on…

3. You need the knowledge to progress

Your one hour of reading each day,
Will give you 5 years of experience…
If you read one book a week for the rest of your life,
You will succeed no matter how many difficulties will be in your way you will always be able to find a way..

4. There is no shortcut for success

Every successful man knows that shortcuts don't exist,
You need to work hard each day so you can have your dream life…
All you need to do is work on yourself for 5 years,
And come back to be the man your family dreams of…

5. Small goals make a huge impact

Rather than having big goals at the end of the year,
Have small goals that can help you accomplish that goal…
Each day make a to-do list,

6. People's opinions don't matter

No matter what your friends think of you,

If they don't believe in you stop convincing them...
Rather than proving them with words,
Show them the results so they don't have anything to say in return...

7. Failure is part of success

If you are failing at something again and again,
This means that you are progressing towards succeeding...
Successful people are those who fail more than,
Any average man in this world.

8. Always speak less than necessary

People can't control their own emotions,
And speak anything to anyone which later cause them huge loss...
So be cautious when you speak,
Because you never know when you can hurt someone else heart with your words...

9. Use absence to increase respect

The more you are seen and heard from,
The more common you will appear...
Rather than appearing every day or every week,
Appear once a month and see how people go crazy for you when you appear...

10. Never focus on something you can't control

Rather than focusing on a million dollar,
Focus on the things that will get you a million dollars...

If you are focusing on something which you can not control,
You will never be able to see progress in your life.

11. If someone can't maintain eye contact while talking to you, they are nervous or lying to you.

12. You can make a person do something you want by giving them 2 different options with in your boundaries.

13. Wait a few seconds to reply after someone has spoken. It will tell you if they were lying or telling the truth.

14. If you give a person your full admiration but suddenly stop, the absence creates a void in them, making them miss you and seek for your validation.

Sentences, I Wish I'd Read Sooner In Life

1. Action is the antidote to anxiety.

2. You get 4,000 weeks ifyou're lucky stop waiting.

3. Notice the people who bring out your favorite version of yourself.

4. You teach people how to treat you by what you tolerate.

5.Growth happens when you do things you feel unqualified to do.

6."The cave you fear to enter holds the treasure you seek."

7.If you don't schedule your priorities, someone else will.

8. The most dangerous addiction is the approval of other people.

9. Burnout happens when you treat rest as a reward rather than a right.

10. You'll never regret investing in your health, learning, or relationships.

11. Normalize not having an opinion on things you aren't informed on.

12. The only person whos going to magically show up to save you is you.

13. Your habits are the silent architects of your life.

14. Discipline is choosing what you want most over what you want now.

15. The people who matter won't leave you for having boundaries.

16. Your worth isn't tied to your productivity.

17. Reach out to people just because they crossed your mind.

18. Not everything requires your reaction silence is a response, too.

19. Action creates motivation not the other way around.

20."You can literaly change your life any day you can wake up tomorrow and decide that you want something different."

Habits That Have A Massive Return On Life

1. **Write things down.** Don't try to remember everything. The brain is notorious for forgetting ideas.
2. **Plan intentional breaks** in between focus work it will help you recover and recharge for the next task.
3. **Begin your day with the end in mind**. Focus on a few high priority tasks at a time.
4. **Drink at least a glass of water** first thing in the morning to improve gut and brain health.
5. **Make walking a daily or weekly habit.** It's the easiest and healthiest form of exercise to improve mental clarity and self-awareness.
6. **Track your habits** that take away the biggest chunk of your time and do more of what's working and less of what's a time to time.

7. **Practice the one-tab rule** — use a single browser tab when you are working. It minimizes web distractions so you can stay in a single task.
8. Finish your day on purpose by **writing down the priorities for tomorrow**. It's a better way to start the day without wasting cognitive energy planning.
9. **Start a weekly review** — what worked well? Where did you get stuck? What can you improve? What should you stop doing? What caused you to stress?
10. **Be intentional about how you read the news** — filter your sources and stay with credible one's that focus on just the important information.
11. **Don't say yes** when you really want to say no. Defend your time like your progress depends on it because it does.
12. **Invest in a hobby outside work** that makes you happy, boosts your mental clarity, and leads to a fulfilling life.
13. The world's most successful people are **always learning** — be deliberate about how you feed your brain. Choose your knowledge sources carefully.
14. Three things in life — your **health**, your **mission**, and **the people you love**. That's it.

A Simple Guide for Living Well

1. Always put your self-respect first.
2. Don't go back to a person who cheated or disrespected you.
3. Never beg someone to be in a relationship with you.
4. Protect the people who count on you.
5. Don't spend money just to impress other people.
6. Always try to be a better man today than you were yesterday.
7. Work out at least four times a week to stay strong.
8. When asked a question, take a second to think before you speak.
9. Stand up when you shake someone's hand.
10. Look people in the eye when you talk to them.
11. Find more than one way to make money.
12. Always try to dress well, no matter the occasion.
13. If you are not invited to something, do not ask to go.
14. It is always a good idea to carry some cash.
15. Be a good person in everything you do.

Unspoken Rules That Separate Men From The Boys

1. Dress well no matter what the occasion.

.2. Always carry cash.

3. Listen, nod and most of all make eye contact.

4. Show restraint in expressing anger, no matter what. Being angry is a waste of energy.

5. Never shake a hand while sitting down.

6. Protect who is behind you and respect who is beside you.

7. If you are not invited, don't ask to go.

8. Never make the first offer in a negotiation.

9. Don't take credit for work you didn't do.

10. Never insult the cooking when you are the guest.

11. Never eat the last piece of something you didn't buy.

12. Take the blame, and give credit when due.

13. Always aim for the head.

14. Don't beg for a relationship.

15. Never pose with alcohol.

16. Whether it's dinner, drinks, or both, avoid placing your phone on the dinner table.

17. Proper grammar will make you a charismatic man. Leave the foul language for the boys.

18. You can tell a great deal about a person by their handshake. So make yours strong and firm.

19. Be honest. Say what you mean and mean what you say.

20. Ask more than you answer.

Third Man Syndrome

What is the most troublesome brain mechanism that inevitably activates when we are pushed to our limits?

This is Third Man Syndrome.

Third Man Syndrome is a unique psychological phenomenon in which, when a person is in an extreme situation where they are on the brink of death, the brain sends an electrical signal (called a switch) that suggests another person is present beside the exhausted person.

Sir Ernest Shackleton first described this phenomenon in his 1919 book, *South*. During the final leg of his Antarctic expedition from 1914 to 1917, he was convinced that an imaginary companion had joined him and his crew. The team was stranded on the ice floes for more than two years, enduring immeasurable hardship to secure a safe place. Shackleton wrote, "As we trekked for 36 hours through the nameless mountains and glaciers of South Georgia, we often felt as if there were four of us, not three."

In recent years, prominent adventurers such as mountaineer Reinhold Messner, polar explorer Peter Hillary, and Anne Bancroft have also reported experiencing this phenomenon.

15 Lessons I Learned In Life

1. Nobody cares, work harder.

2. You're going to piss a lot of people off when you start doing what's best for you.

3. They'll ignore you until they need you.

4. Everything improves when you decide not to care anymore.

5. Things that break your heart are the same things that open your eyes.

6. Sometimes you need to start seeing the real character of people and stop seeing What they show you.

7. Some people will never support you, because they are afraid of what you might become.

8. People will let you down in this life, promises will be broken, and you should expect less of others and trust more in yourself.

9. Be a good person, but don't waste time to prove it.

10. Realize a skill is 10x more valuable than your grades. Learn a high income skill to help you solve money problems.

11. Remind yourself: If it was easy, everyone would do it.

12. No matter what's the occasion, dress well because life's the biggest occasion!

13. If it is important for you you'll find a way. If not, you'll find an excuse.

14. If they act like they can live without you, help them do it.

15. Don't forget how badly you wanted what you have now. Blessings are always coming to us.

8 Lessons, People Learn Too Late In Life

1. People come and go, and that’s perfectly natural.

Sometimes, those closest to you can suddenly feel like strangers.

On the flip side, strangers can quickly become some of the most important people in your life.

Though this transition can be painful, embracing it helps you surround yourself with those who truly belong in your life.

2. Your diet goes beyond just food.

As you mature, you realize that what you consume mentally, what you watch, read, follow, and who you spend time with, is just as important as what you eat.

To nurture a healthier mind, start by cutting out all the mental clutter and negativity.

3. Prioritizing your happiness means sometimes disappointing others.

Your well-being should take precedence over your job, money, others' opinions, social commitments, your partner's mood, or family expectations.

If self-care requires letting someone down, don't hesitate to do so.

Loving yourself must outweigh the need for external approval.

4. Don't let rejection turn into self-rejection.

Those who have been rejected often live in fear of it, causing them to push people away or avoid situations to protect themselves.

While they may think they're avoiding rejection, they're actually rejecting themselves all over again.

5. Take charge of your responsibilities to shape your future.

You may not be accountable for past trauma, but you are responsible for stopping negative cycles and preventing harm to others.

You cannot control your future if your present is governed by past pain.

What happened yesterday isn't your fault, but how you respond today is your choice.

6. Choose quality over quantity.

Life's richness comes from quality, not numbers.

One true friend matters more than a hundred acquaintances.

One genuine relationship outweighs countless casual flings.

One meaningful experience surpasses numerous wild nights.

7. Let go of society's "fairytales" to find true happiness.

Relying on societal timelines and expectations can rob you of joy.

Don't buy into the myths that dictate when you should go to university, start a career, buy a home, marry, or have children.

Everyone's journey is unique, and so is the path to your happiness.

8. Define fun on your own terms.

If you want to enjoy life, don't adopt someone else's idea of fun.

Fun doesn't always mean parties and socializing.

It can be a quiet night alone, getting lost in a book, meaningful conversations, walks, creating art, playing music, or engaging in work you love.

Your version of fun is yours alone—embrace it fully.

Do This If You Want To Grow Fast.

1. **Build your happiness.** True success is not about how much money you make. But, how much *satisfaction* you gain.
2. Avoid too much **gathering**. Rather, learn how to *attract* them.
3. **Tackle your Limiting beliefs.**
4. How you talk matters most. Give **value** and **consistency** to gain **authority** and **credibility**.
5. Never disclose your **weakness**, work on them.
6. Shy people are always seen broke. **Build Confidence**.
7. Smell nice, good scent attracts good business.

8. Dress like your dreams, it will help boost confidence and create **authority**.
9. Health is **wealth**. Eat good food and take good **rest**.
10. Don't make **decisions** without validations.
11. Billionaire's don't talk much but make big **moves**.
12. If someone always comes back to you because of what you **give**. Ghost them otherwise you drain fast.
13. Make **time** a friend you don't joke with. A Billionaire's watch is his control.
14. Be consistent, never lose **focus**.
15. Learn how to **save and invest**. Avoid spending too much.
16. Avoid being too comfortable, always engage in **difficult** things.
17. People get jealous of ***successful people***. Mingle only with people who want to see you grow not benefits (energy is too good for bad investment).
18. What you think, what you see, what you watch, what you say are factors that shape you. Pay attention to them.
19. Be careful with pride. Humility is a **discipline**.
20. Learn how to sell. It looks stupid but billionaire's always talk about it. Learn what they teach and if you do it right you start seeing change.
21. People don't care how much you know but how much you care. Wise people don't rush to talk they **listen (be a wise listener)**

22. **Keep building.** Lose everything I shared but don't forget this

8 Facts About Attracting People

1. **People like others who are similar:** If you have the same hobbies or think the same way, people will like you more.
2. **Seeing someone often makes them like you:** The more someone sees you, the more they get used to you and start liking you.
3. **Confidence makes you attractive:** If you believe in yourself, others will find you interesting.
4. **Being kind makes people like you:** When you are nice and caring, people want to be around you.
5. **A real smile works like magic:** Smiling makes you look happy and friendly.
6. **Listening makes people feel special:** Paying attention when someone talks makes them like you more.
7. **Body language matters:** Looking at people when they talk and standing in a friendly way makes you more likable.
8. **Jokes bring people closer:** Laughing together makes people feel happy and connected.

Some Important Psychological Facts

1. Women don't like being stared at, unless they're already staring at you.

2. Nearly 40% of men do not feel confident meeting women for the first time.

3. People never remember what you tell them. They remember how you made them feel.

4. Strangers in your dreams are actually people you have seen in your real life.

5. To find out if someone is interested in a conversation, cross your arms. If they do the same, they are interested.

6. Online compatibility is more stable between you and someone in your "same generation."

7. You decide within the first second of meeting someone whether you can trust them or not.

8. Feeling neglected causes the same chemical effects as injury.

9. People would rather change the truth than change their perception of others.

10. The people who give the best advice are usually the people who have the most problems.

11. Smiling is 69% more attractive than wearing makeup.

12. A truly intelligent person is one who can pretend to be stupid in front of stupid people who pretend to be intelligent.

9 Life Changing Lessons

1. A foolish man is the one who never changes.

2. If you try to please everyone, you will harm yourself.

3. No one can find true happiness by causing others to suffer.

4. Your toughest critic is often yourself.

5. Imagine life as if you have already died. What remains is a chance to live fully.

6. When you cannot decide, choose the path that brings growth and change.

7. If you care too much about others' opinions, you will remain their prisoner.

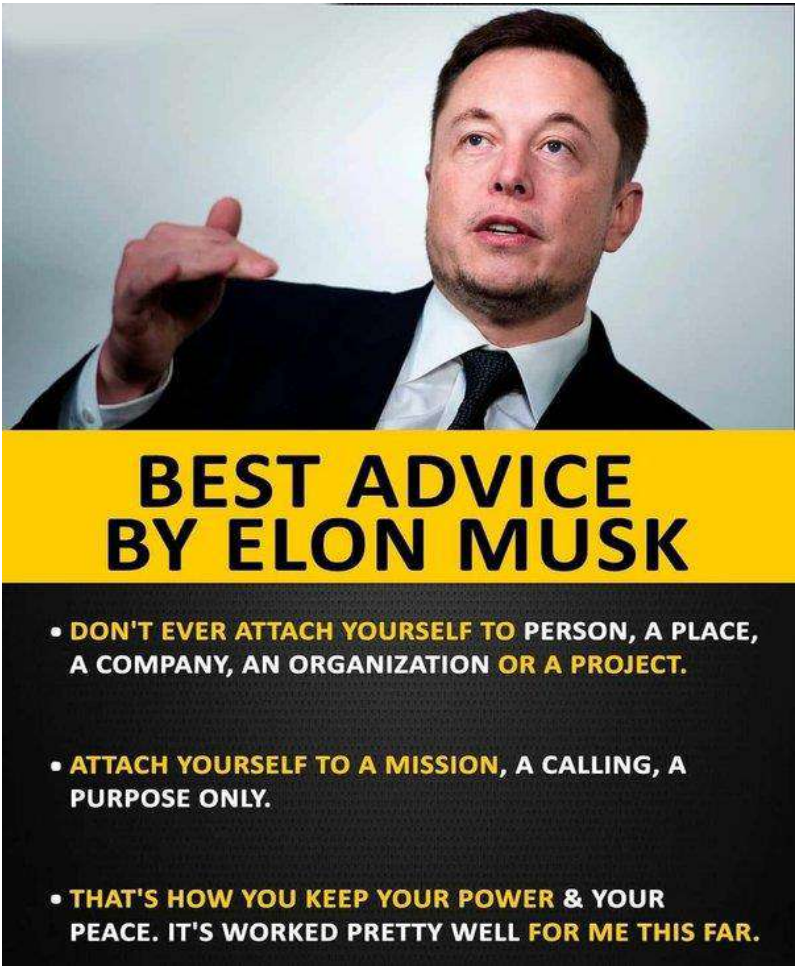
8. A peaceful mind is the real success.

9. Focus on what you can do, not on what you cannot.

7 Day Money Rule

THE 7 DAY MONEY RULE:
Whenever you want to buy something,
wait give yourself 7 days to decide before
you purchase. Most often you won't feel
like you need it anymore.

Best Advice by Elon Musk


BEST ADVICE
BY ELON MUSK
• DON'T EVER ATTACH YOURSELF TO PERSON, A PLACE, A COMPANY, AN ORGANIZATION OR A PROJECT.
• ATTACH YOURSELF TO A MISSION, A CALLING, A PURPOSE ONLY.
• THAT'S HOW YOU KEEP YOUR POWER & YOUR PEACE. IT'S WORKED PRETTY WELL FOR ME THIS FAR.

I have learned...

1. The ones who do not notice your silence are the ones who do not miss you.

2. If someone does not miss you, they did not truly care about you.

3. Life decides who enters your path, but it is you who decides who stays.

4. The truth hurts once, but a lie hurts again and again.

5. Pay attention to those who return the same effort you give, and to those who only come when they need you.

6. The ones who hurt you give you lessons.

7. The ones who criticize you make you stronger.

8. The ones who envy you show you that you matter.

9. In the end, those who wish bad for you will have to watch good things happen to you.

Signs You Are Becoming More Mature

1. You feel comfortable spending time alone without needing constant company.

2. You see money as a tool, not as something good or bad.

3. You know you can create problems, but you can also create solutions.

4. You value privacy and do not feel the need to share everything.

5. You no longer depend on others' opinions for your self-worth.

6. You stop chasing shallow connections and focus on your growth.

7. You care more about learning than about the fear of failure.

8. You accept what cannot be changed instead of letting it upset you.

9. You understand that financial freedom takes more than a regular paycheck.

10. You realize income usually reflects the value you give to others.

11. You see that in real life, skills and relationships can matter as much as or more than grades.

12. You find more satisfaction in self-improvement than in distractions.

13. You learn that in the long run, family and a few real friends stay with you.

14. You understand that people may come and go, but faith or spirituality can remain with you.

Handle Disagreements Without Feeling The Need To "Win" The Argument

Next time somebody disagrees with you, ask yourself:

What do I prefer, being right or at peace?

The ego is the one pushing us to win arguments. Being right about something makes us feel good, it makes the ego smile because it defended its identity and the beliefs it's rooted in.

But think about this: **what do you actually win?** Not the ego, YOU. The actual true self.

Somebody thinks different than you? So what? Let them. It's actually much more interesting that people can have different perspectives and thoughts, so that we can all learn from each other, isn't it?

Even if it's something about yourself that you're trying to convince them about...

Ask yourself why is being right about anything so important to you?

What are you afraid would happen if you were not right?

Behind that need to be right, there's a deep core belief, that the ego developed long time ago, probably in your childhood, such as:

"If I'm wrong, I'm not good enough."

"If I lose this argument, I'll lose respect."

"If I don't know the answer, I'll be rejected."

"My value depends on being competent."

And the stronger you attach to this beliefs, the less free you become, since your bounded by that identity that leaves no room for exploration, new views, curiosity…

So, next time you find yourself trying to win an argument, ask yourself:

Do I want to be right, or do I want to be free?

The moment you let go of the need to be right, you break out from your own inner prison of acquired beliefs and conditioning and you can actually listen to others and connect with them, plus you get rid of anxiety and you find inner peace.

Doesn't it sound better than just being right about something?

Just Have Peace And Unity Here On The Earth

Our egos have convinced us that we are individuals, separate from each other.

That's why we believe we have to constantly be on alert and defensive towards life.

But that is precisely the test and the lesson we come here to learn.

You see, Earth is a not an easy place to live in.

We come here and incarnate on human beings forgetting our divine, immortal and eternal essence as souls, cause otherwise this journey would be boring and meaningless.

We are here to learn more about ourselves through relationships with others and external events that happen around us, and that includes conflict and hardship.

We are already one with everything, we are Pure Love, Harmony, Peace and Possibility, that's who we truly are, but the moment we attach ourselves to a physical being we forget it and we start to navigate the world from what others (mainly our parents) teach us, since otherwise we don't know how this whole thing works.

That's when acquired beliefs and conditioning start to pile up on top of our true and pure essence and we get attached to it and end up believing we're the physical human being, when it's actually only an avatar that will serve us through this adventure, nothing else.

Our ego starts to shape and we will defend our identity and beliefs even if it means suffering or making others suffer. That's where wars, conflict and chaos starts.

Each and every one of us has the power to change that, by looking inwards and finding our true nature, by remembering who we've always been and who we'll always be. We can only change ourselves and through that change be an example for others.

And the moment we start being more conscious about that, we start living from Love and not from Fear, which is the key to changing the World one soul at a time.

It sucks but if it was all peace and unity we wouldn't be here, because we're here to grow and expand our consciousness because that can only be done through the contrast the Earth poses, since you can only see the light when there's darkness.

We need to be what we want to see out there, cause if we all start acting from Love and Kindness, this can actually mean a true change for the world. I'm not saying it's going to be all flowers and colors, but being kind is contagious, so why not choose that instead of being all reactive and stressed all the time.

Maybe if we start this "Kindness and Love" movement, one day, in a very far future, that means the Earth is a much peaceful place to live in. It is all constantly evolving, so why not?

Now, your only responsibility is with yourself. If you want to see peace and unity out there, be that peace and unity in your daily life interactions with others.

Set your default mode to unconditional love and kindness and see how it spreads.

People Learn Most Often Only After It's Too Late

After more than 40 years believing I was my body, my thoughts, my identity…

Through many different experiences I've had and many wise lessons from a wide array of Masters I've lately had the pleasure to encounter, I've come to realize we're much more than that and that the external physical world is nothing but an illusion that serves us in a deeper sense.

I've also learned that not everyone is ready, supposed or able to learn this, cause many people are still too attached to the physical world and their time hasn't come yet, but if you're reading this and it resonates, maybe it's your sign to start questioning your beliefs and who you think you are.

We're all eternal souls, on a journey of self-discovery and expansion of consciousness that happens through an unlimited period of time in different parts of the Universe.

Earth is the only place in that journey where we forget our true essence and because of that we get too attached to the physical. That's why it's a very hard place to live in being who we truly are.

But also it's the place where higher growth and expansion happens, since we learn through contrast.

Hate teaches about Love and Compassion.

Relationships teach us about self-worth, self-love, empathy and kindness.

Hardship teaches us our value, talents and resilience.

Basically, darkness allows us to see, understand and fully appreciate what Light is.

We're here for the experience.

We're here to Live life, to make the most of this blip that a lifetime on Earth is in our eternal immortal existence as souls.

So, go on and live.

Do what makes you feel good, follow your intuition that's your inner divine compass, Love, be kind, have the adventure, go for the full package, don't be afraid, be creative, show up, let the world know who you truly are…

There's no rules, there's no other obstacles other than the limitations you believe about yourself.

12 Signs of Intelligence

1. They never reveal their next move.

2. They are curious.

3. They have high self-control.

4. They speak less but listen more.

5. They have a great sense of humor.

6. They never spread rumors.

7. They choose simplicity over unnecessary complications.

8. They are true to themselves.

9. They love to go with the flow.

10. They are not easily distracted.

11. They aren't afraid to ask for help.

12. They never stop learning.

Promises You Need To Make To Yourself Now

Most people break promises to themselves every day.

Not the obvious ones.

Not the gym goals or New Year's resolutions.

I'm talking about the invisible promises. The quiet betrayals. The decisions you keep making that slowly teach your mind one dangerous lesson:

"My own words don't mean much."

And that's where things start falling apart.

1. I WILL STOP ARGUING WITH REALITY

This promise alone can save years of frustration.

Some people spend their lives fighting facts they don't like.

They argue with breakups, mistakes, aging, rejection, and consequences.

But reality doesn't negotiate. The moment you stop asking, "Why is this happening?" and start asking, "What do I do now?" everything changes.

2. I WILL NOT CONFUSE POTENTIAL WITH PROOF

Potential is seductive.

A person could change. A business idea could work. A friendship could improve.

But your life cannot be built on "could." Train yourself to respect evidence more than possibilities.

Potential has wasted more years than failure ever did.

3. I WILL STOP NEEDING EVERYONE TO UNDERSTAND ME

Here's a strange truth.

Some people will misunderstand you no matter how clearly you explain yourself.

They'll hear your words through the filter of their own experiences, fears, and assumptions.

Stop exhausting yourself trying to be understood by people committed to misunderstanding you.

4. I WILL PAY ATTENTION TO WHAT PEOPLE REPEATEDLY DO

People reveal themselves in patterns.

Not promises.

Not apologies.

Not speeches.

Patterns.

Anyone can have a bad day. Anyone can make a mistake. But repeated behavior is character leaving fingerprints.

Learn to trust the pattern more than the explanation.

5. I WILL STOP TREATING MY PEACE LIKE A NEGOTIATION

Many people sacrifice their peace in exchange for approval.

They tolerate things they know are wrong. They stay quiet when they should speak.

They carry emotional burdens that don't belong to them. Your peace should not be the price you pay to keep everyone comfortable.

6. I WILL NOT MAKE PERMANENT DECISIONS FOR TEMPORARY EMOTIONS

A bad day can convince you your whole life is broken.

A rejection can convince you you're unworthy.

An argument can convince you the relationship is doomed.

Feelings are real. But they are terrible drivers. Let emotions speak. Don't hand them the steering wheel.

7. I WILL STOP CHASING PEOPLE WHO ENJOY BEING CHASED

Some people don't want connection.

They want attention.

And there is a difference.

The more you pursue them, the more valuable they feel. The moment you stop, they disappear. Learn to recognize the people who like your effort more than they like you.

8. I WILL NOT LET COMFORT DECIDE MY FUTURE

Comfort has a very convincing voice.

It tells you to wait another week. Stay another year. Delay the conversation.

Avoid the risk. Keep things familiar. But comfort rarely asks where you're going. It only cares that you don't move.

9. I WILL STOP SEEKING CLOSURE FROM PEOPLE WHO BENEFIT FROM MY CONFUSION

This one hurts.

Not everyone wants clarity. Some people prefer ambiguity because it keeps doors open.

It keeps options available. It keeps you emotionally attached. Stop expecting honesty from people who gain something from keeping you uncertain.

10. I WILL REGULARLY QUESTION MY OWN BELIEFS

Most people challenge other people's thinking.

Very few challenge their own.

The dangerous beliefs aren't the ones you doubt. They're the ones you've never examined.

The ones you've carried for years without asking whether they're still true.

Growth begins the moment your certainty becomes curious.

THE HARD PART NOBODY TALKS ABOUT

Making these promises is easy.

Keeping them is where things get uncomfortable.

Because every meaningful promise eventually demands a sacrifice.

An uncomfortable truth. A difficult conversation. A painful decision. A version of you that must be left behind.

That's why most people never change.

Not because they don't know what to do.

Because they don't like the price.

THE DEAL YOU SHOULD MAKE WITH YOURSELF

Start here:

- Respect reality.
- Trust patterns.
- Value peace.
- Question assumptions.
- Choose evidence over fantasy.

The quality of your life is often determined by the promises you refuse to break when nobody is watching.

And those promises begin with you.

QUESTION FOR YOU

If someone treated you exactly the way you treat yourself in private, would you trust them with your future?

Small Changes Will Make Your Relationship Fun And Better

Most relationships don't fall apart because of one big mistake. They slowly lose color.

The laughter becomes routine. The excitement becomes predictable.

And before you know it, you're dating a habit instead of a person.

1. STOP ASKING "HOW WAS YOUR DAY?"

Let's be honest.

Most people answer that question on autopilot. "Good." "Fine." "Stressful." Instead, ask better questions.

What made you laugh today? What annoyed you? What surprised you? Better questions create better conversations.

2. FLIRT LIKE YOU'RE STILL TRYING TO WIN THEM OVER

One strange thing happens in long-term relationships.

People stop doing the very things that created attraction in the first place. The teasing disappears. The compliments become rare.

The playful energy fades. Keep flirting. Romance dies faster from neglect than rejection.

3. CREATE INSIDE JOKES ON PURPOSE

It sounds small.

It isn't.

Inside jokes create a tiny world that belongs only to the two of you. A private language. A secret club.

Funny enough, many happy couples laugh about things that wouldn't make sense to anyone else.

4. PUT THE PHONE DOWN FOR JUST 20 MINUTES

Look around any restaurant.

Two people sitting together. Four eyes glued to two screens.

The scary part? Nobody thinks they're disconnected. Give each other twenty uninterrupted minutes daily.

No notifications. No scrolling.

Just attention. Attention is one of the purest forms of affection.

5. DO RANDOM THINGS WITHOUT A SPECIAL OCCASION

Most people wait for birthdays, anniversaries, or Valentine's Day.

Why?

Bring flowers on a Tuesday. Send a thoughtful message for no reason.

Buy their favorite snack while you're out. Unexpected kindness hits differently because it wasn't required.

6. TALK ABOUT THE FUTURE IN FUN WAYS

Not every future conversation needs to be serious.

Ask ridiculous questions. What country would we disappear to tomorrow? What business would we start

together? What would our dream house look like? Shared imagination creates emotional connection.

7. LEARN THEIR CURRENT VERSION

This one is underrated.

Many people fall in love with who their partner used to be. The problem? People change.

Dreams change. Interests change. Keep discovering each other.

A person can feel brand new when you stop assuming you already know them.

8. LAUGH MORE THAN YOU CORRECT

Nobody enjoys feeling managed.

Constant criticism slowly turns a relationship into a workplace performance review.

Not every habit needs fixing.

Not every mistake needs a lecture. Sometimes the healthiest response is simply laughing and moving on.

9. BRING BACK A LITTLE MYSTERY

You don't need secrets.

You need individuality.

Keep your hobbies. Have your own interests. Grow as a person outside the relationship.

Attraction often struggles when two people become so predictable that there's nothing left to discover.

THE SECRET MOST PEOPLE MISS

People think relationships stay exciting because they found the right person.

Not quite.

They stay exciting because both people keep bringing something alive into the relationship.

New experiences. New stories. New energy. New versions of themselves.

A relationship can't feel fresh if the people inside it stop growing.

BEFORE YOU TRY SOMETHING BIG

Start small.

- Ask one better question today.
- Give one unexpected compliment.
- Create one moment worth remembering.
- Laugh a little more.
- Put your phone away a little longer.

Tiny actions seem insignificant.

Until they become the reason two people still enjoy each other years later.

QUESTION FOR YOU

If your relationship stayed exactly the way it is today for the next five years, would you feel excited—or disappointed?

10 Secrets About Life We Are Scared To Confront

Most people aren't afraid of the truth.

They're afraid of what the truth would force them to do.

Because some truths don't just change your opinion. They demand action. They expose excuses. They remove hiding places.

And once you see them clearly, pretending becomes a lot harder.

1. YOUR LIFE IS QUIETLY SHAPED BY WHAT YOU TOLERATE

People love talking about goals.

Life cares more about standards.

You can dream about success, peace, respect, or happiness all day long.

But what you repeatedly tolerate—bad habits, toxic people, constant excuses—is usually what ends up writing your story.

2. MOST PEOPLE DON'T MISS YOU AS MUCH AS YOU IMAGINE

That sounds harsh.

But it's also liberating.

People are busy fighting their own battles, chasing their own goals, and worrying about their own problems.

The spotlight you think is on you is usually pointed somewhere else.

Freedom begins when you stop performing for an audience that isn't watching.

3. SOME OF YOUR BIGGEST LIMITATIONS FEEL LIKE PERSONALITY TRAITS

This one is dangerous.

Many people call it "just who I am." But sometimes laziness disguises itself as being laid-back. Fear disguises itself as being cautious.

Insecurity disguises itself as humility. Not every trait deserves protection.

4. YOU CAN OUTGROW PEOPLE WITHOUT ANYONE BEING THE VILLAIN

We hate this truth.

We want a reason. A betrayal. A dramatic ending.

But sometimes two people simply stop walking in the same direction. Nobody cheated. Nobody lied. Nobody exploded.

The connection just no longer fits the people you've become.

5. THE WORLD REWARDS WHAT YOU DO, NOT WHAT YOU MEAN

Intentions feel good.

Results leave footprints.

You may mean to call your parents. Mean to start the business. Mean to apologize. Mean to change. But life responds to actions, not internal speeches.

Good intentions make excellent excuses when repeated long enough.

6. SOME PROBLEMS STAY BECAUSE THEY SERVE YOU

Look closely.

Not every problem is unwanted.

Sometimes anxiety becomes an excuse to avoid risks. Sometimes confusion protects you from making a decision.

Sometimes being a victim attracts sympathy.

The mind has a strange habit of protecting the very things that hurt it.

7. MANY OF YOUR OPINIONS AREN'T REALLY YOURS

Think about it.

How many beliefs did you choose?

And how many did you inherit?

Family, friends, culture, social media, and strangers you've never met have all left fingerprints on the way you think.

Most people spend years defending ideas they never consciously selected.

8. CLOSURE IS OFTEN A FANTASY

People crave the perfect final conversation.

The explanation that makes everything make sense.

The speech that heals the wound.

Life rarely works that way. Many chapters end messily. The peace you're waiting for often arrives only after you stop demanding answers.

9. YOU DON'T ALWAYS WANT THE THING YOU SAY YOU WANT

This truth is uncomfortable because it exposes self-deception.

Many people claim they want success, love, freedom, or change.

But their daily actions often protect the exact opposite. Why? Because wanting something and wanting the consequences that come with it are two different things.

Sometimes the dream isn't the dream.

Sometimes the dream is just a socially acceptable fantasy that sounds good when people ask what you want from life.

10. YOUR BIGGEST PROBLEM MAY NOT BE YOUR BIGGEST PROBLEM

Sounds strange, doesn't it?

The thing keeping you awake at night is often just a symptom. The failed relationship might be hiding a fear of loneliness.

The lack of money might be exposing a lack of discipline.

The constant stress might be revealing an inability to set boundaries.

Most people spend years attacking leaves while ignoring the root.

And roots are patient.

They can wait beneath the surface for decades while you keep fighting the wrong battle.

THE UNCOMFORTABLE BEAUTY OF THESE TRUTHS

At first, these truths feel heavy.

Then something strange happens.

They become freeing.

Because every truth that removes an illusion also removes a limitation.

Every uncomfortable realization gives you a little more control over your life. A little more clarity. A little more responsibility.

And responsibility, despite its reputation, is one of the closest things to freedom.

WHAT TO DO WITH THIS

Don't try to confront all ten at once. Pick the one that made you uncomfortable.

The one that annoyed you. The one you wanted to argue with. That’s usually the truth worth examining first.

Because growth rarely begins where you're comfortable.

It begins where your excuses start sweating.

QUESTION FOR YOU

What if the truth that's been holding your life back isn't something you don't know—but something you've known all along and keep refusing to CONFRONT?

How To Become A Beast In 6 Months

1. Fix your schedule and sleep at 9:00 PM to be awake at 4:00 AM.

2. Quit making excuses and work out for 30 minutes daily.

3. Include fresh fruits in your daily diet to optimize your health.

4. Prioritize taking a cold shower every day without making excuses. I promise your self-discipline will be boosted.

5. Listen more than you talk and be open to learning.

6. Learn to say "NO" unapologetically and focus on minding your own business.

7. Make an effort to read 50+ pages to sharpen your mind.

8. Learn a new skill every three months and spend another 90 days developing it.

9. Go for 1,000 hours without watching news or discussing politics, using that time for rest instead.

10. Increase your income and invest wisely, allowing yourself to buy anything without considering the price.

11. Prioritize four hours of deep work a day over eight or more hours of busy work, and make time to improve yourself.

12. Set aside time for your close friends and family during the weekends.

12 Habits of people with High IQ

1) **Talking to Yourself**

- Ordinary People need a smart person to get approval for their problems.

- Intelligent people hold meetings by talking to themselves. So they don't need anyone else.

2) **High Senses of Humor**

- They don't use the simple jokes we all know.

- They can tell interesting and clever jokes that not everyone can understand.

3) **Observation Ability**

- These people can analyze and observe very quickly.

- I can give Sherlock Holmes as a high-level example of this.

4) **Learning From the Past**

- They don't say things like "I wish I hadn't"

- What's done is done and they just learn from it and move on

5) **Open Minded**

- When someone tells something, they listen if they see value.

- They aren't affected by manipulative speech or bad rhetoric.

6) **Being Anti-Negative**

- They don't have time to be negative.

- Instead, they calculate bad possibilities in advance and

proceed with a plan.

7) **They are Determined**, **not Stubborn**

- They don't get stupidly stubborn, they listen to you.

- If they can't solve the problem through communication, they leave.

8) **Know to Being Isolates**

- They often listen to music without words to become isolated.

- This could be classical music, jazz, film music, etc.

9) **Anxiety Management**

- Successful and intelligent people are a little anxious. But this is not at the level of a panic attack.YP

- They make the right anxiety management.

10) **Loneliness**

- This loneliness isn't like depression. They stay alone to meet with themselves and think.

11) **Addiction and Collecting**

- They have at least one addiction or collection. These could also be bad dependencies or stupid collections.

12) **Knowing How to Read Books**

- They get maximum efficiency by reading the sections of the books containing the information they need.

How Do Narcissists Pass Away?

There are typically two ways a narcissist will pass away:

They're going to die either alone because they've been abandoned by so many people, or because they've burnt so many bridges. In the end, no one will want to be around them.

Alternatively, they may end up with someone who is only there because of the narcissist's wealth.

This might be their children. Even though their children might not be present, if they are wealthy, they will eventually be, but in general, their world gets progressively smaller. insufficient supply. Not only is there a shortage of supply, but there are also insufficient resources to obtain it because as they age, their appearance changes. Thus, the narcissist finds it more difficult. Thus, as they age, their supply decreases. They will therefore frequently pass away by themselves.

As I mentioned earlier, people distance themselves from the narcissist because they recall what the narcissist did to them. In the end, only those who are interested in a narcissist's money will want to be around them.

However, they will be extremely lonely overall. They will experience depression. They will be grumpy. They will try to vent their anger on anyone who happens to be nearby. This explains why the narcissists in the nursing home mistreat the employees—they need to vent their resentment on someone.

What Crushes A Narcissist?

1. **REJECTION.** Lack of interest and admiration from family, friends, lovers, and strangers.
2. **EXPOSURE.** When their weaknesses or inadequacies are exposed in public. i.e.: lies, cheating, stealing, scamming
3. **BEING AVERAGE.** Not feeling superior to everyone else. Not securing constant or top quality supply made up of strangers, friends, co-workers, and intimate partners. A narcissist picks friends for different reasons than you might expect. They are not seeking out the most interesting or the most challenging, they need followers. Friends are selected to stimulate and feed the HUGE and constantly hungry ego. The narcissist wants you to admire them. They would appreciate you telling them they are smart, well liked, and so important. (Cue the crowd of admirers and hang-er-on-er's!) The admiration must be constant. No

criticism or corrections allowed! Average will not do!

4. **LOSS OF CONTROL** over situations, people, choices, finances, etc. A narcissist creates ongoing chaos in the lives of those around them. Meanwhile, they find their sense of well-being in day to day indiscretions, impulsive bad deeds and random whims. They think nothing of illicit or illegal activities, etc. The narcissist constantly crosses lines and creates tension that tests every boundary and every expectation of decency. (They see it as proof of other people's hidden desire for them). Narcissists are great performers who can create ongoing confusion (it makes it easier to deny events and timelines), utilize manipulation (ever had a narcissist pick a fight to get away from you?) and generally mess with your mood or your emotional well-being. They are practiced at manipulating you and they do it very well. They make choices that are harmful or painful to others, but with no concern for the outcome. They spend a lifetime making every decision an advantage for them self. (It is also, to them, proof that they can out-smart everyone). They see the world and its people as opportunities for control and the power to keep or dispose at will. They will keep you until you can no longer be controlled. i.e.; used.
5. **AGING.** It will be a challenging time of life when a narcissist loses their health or virility. (How will

they prop that insatiable ego up without the confidence of youth and the virility of a top tier athlete?) Having their ego on display is their existence in a nutshell. It is their security and validation. Without that mask of superiority, they feel unseen and they feel helpless. Like a lost child, they will seek desperately for attention and to have their wants met. Aging will cause significant difficulty for some of these attention dependent narcissists.

6. **FEAR** of not having what they deserve or find appealing. They see themselves having an extravagant lifestyle or maybe it's about being desired by everyone they want in the world. They believe they will always win! (Every relationship is always a win or lose scenario). That is their expectation. (To win. You must lose) They will have the very best. (Or exaggerate that it is the best). Without the right people or possessions to prop up the exaggerated image, they can slip into a story of victimhood. They may battle depression or suicidal thoughts. Narcissistic people who are depressed can quickly spiral on the rejection, dejection, pity train.
7. **FAILURE** of not gaining easy access to the supply and life they pursue. They fear not having unlimited and unfettered sexual experiences. They worry about not maintaining their emotional outlet/dumping ground for all negative emotions. Also, there is constant fear

of not keeping the security of a home where they are expected and where respectability lives and cooks the BBQ on weekends. (Even a narcissist needs help and a stable partner to make them look good in the community.) A NARCISSIST IS AN EGO PROPPED UP BY A MASK OF EXAGGERATED SUPERIORITY. They're the ones looking out for themselves. They seldom acknowledge, no matter how many times it happened in their lives, that lack of empathy and callous behavior creates hurt, loss and damage. While functioning day to day, narcissists tend to prey on every new person as a possible slot/needs holder. The narcissist often blames the difficulties, failures, losses and hurts on outside forces or on any other person. They don't seem to consider that it is them. Because of their selfish actions and their fun-seeking choices, they repeat patterns of destruction for themselves and those who love them. Despite awareness of previously poor results, they repeat unsuccessful patterns often .. Being found out as a lifelong fraud would be the ultimate failure for the narcissist. They never really grow up. THEY RARELY REFLECT ON PERSONAL LIFE LESSONS OR CHANGING HARMFUL BEHAVIOR.

8. **SHAME, GUILT or ACCOUNTABILITY.** Lying is part of narcissism. Excessive and compulsive lying is common. The hurt that narcissists bring to others can't be resolved or fixed so, they rely

heavily on lies to deny their actions and absolve their guilt. (No, this is not the only reason they avoid accepting responsibility or accountability.) They run because they feel few to none of the negative emotions that should accompany hurtful actions. They bury blame and hide vengeful actions rather than face their harmful, selfish ways. Doing so would mean that they are imperfect. That doesn't bode well for their fantasy of greatness. So instead, they lie and insist, “I wasn't with Shelly.” ‘I told you I was not going to talk about this again.” ‘You are the delusional one.” My personal favorite is " I am done with this and you.” If you know a narcissist, you have probably heard similar comments. All those lies and betrayals, left unresolved and unfaced, they get thrown into their bag of regret and they move on unphased. Narcissistic people feel rejected and unworthy inside. Despite the mask of bravado, they forever reject others because they were rejected. Narcissists were wounded, so they wound. Since they don't experience remorse or face most regrets, they are stunted and childlike in their demands for unreasonable control. They often feel resentment (it really is your fault) and restlessness. (They blame you as the failure and reject you as unworthy now.) They are empty and detached during hurtful moments. No matter what relationship they experienced, they are able to leave without

appropriate concern or care. Their victims feel shock and devastation. The narcissist usually leaves that situation quickly and starts brand new elsewhere. Narcissistic people can and do verbally attack others who try to point out their selfish and harmful choices. Since they ignore negative effects, they shut down commentary about their wrongdoings. It feels ice cold that they are unmoved about the damages. They deny and attempt to neutralize or destroy the offensive notion that they are wrong. They will seek to silence anyone stupid enough to come against their fantasy. Appearing perfect and sought after is always the goal and shameful mistakes are not to be mentioned again.

9. **JEALOUSY-** Narcissists are jealous of everything you have and everyone you have a good relationship with. Narcissists are jealous of other people's beauty, of your good character, of your success, of your good name in the community, and of your happy life. Narcissists can't seem to see life any way but "what they do not possess they are jealous of." Jealousy can create difficulties for a narcissist trying to feign control and normalcy though. If a narcissist feels threatened or outdone, they simmer a little in hostile juices and they react in ways that could expose their flaws. "out of control in public" would not be acceptable for a narcissist. They want the person they're jealous of, and everyone else, to believe that they are

happy for you, so proud of you, and they are even one of your biggest fans. In reality, they're capable of sabotaging you behind your back and causing harm as the opportunity arises. Also, they tend to diminish or destroy what they cannot control and conquer. For a narcissist, being in control is mandatory. Being called your friend is optional. They have little experience to understand real friendship anyway.

10. **REALITY.** Narcissists create a delusional world where you are yielding to their lies and accepting their reality. They will train you with time, to accept without question, their rudeness and callousness all while constantly talking about your flaws and failures. You are allowed to meet their needs, but in a narcissist's mind, you are still inferior because you accept their terms. If you don't, they already have someone who will replace you. Questioning their excuses or reasoning can earn you silence, absence, neglect, rage, lies and possibly abuse. Eventually, it will probably be a ticket out of the circle. Why? To preserve the narcissist's reality and to defend their disrespectful lies and harmful actions. (You are the crazy one.) (You are the jealous one.) To them, it is easier to cut losses with family or friends than deal with someone's pain, expectations or regret. Preserving the delusional perception is key or the narcissist will collapse into a state of despondence and apathy. They can't be

expected to apologize and offer reasonable explanations about any selfish decisions or betrayals. There will not be any meaningful understanding or heartfelt apologies. Don't expect reflection or remorse to guide their own personal growth. It is just not likely for the delusional, self-serving, emotionally stunted narcissist.

Truths That Will Make You A Strong Person

1. As a man, don't date while you're broke & in terrible shape, and when your life is chaotic. Fix your financial life first. The world is cruel for a broke man.

2. Nobody watches you harder than people who doubted you.

Give them a good show.

3. I read a quote that said:

"The faster you do the hard things you avoid, the faster you will receive the good things you actually want

and that has changed my whole perspective.

4. The best math you can learn is how to calculate the future cost of your current decisions. Read that again.

5. There are people less qualified than you doing the things you wan to do, simply because they decide to believe in themselves. Period.

6. Your network is your net worth. LISTEN: Networking can get you in doors degrees cannot.

7. Find multiple ways of income streams. Hell, we're living in digital world. If your salary is your only source of income, you are one step away from poverty.

8. Inaction breeds doubt and fear. 20 min of doing something is more valuable than 20 hours of thinking doing something. Speed > perfection.

9. Protect what belongs to you at all costs. The family you create is more important than the family you come from.

10. Don't let your food get cold watching someone else's plate. Focus. You're breaking a generational curse.

11. Keep building.

Build your body.

Build your social skills.

Build your self esteem.

Build your bank account.

12. The cost of growth is pain. You can't win in life if you're losing in your mind. Prioritize your mindset.

Overrated Things You Believe In Life

Some beliefs don't ruin your life overnight. They do something worse.

They sit quietly in the background, steering your decisions for years while you mistake them for wisdom.

And by the time you notice, you've already paid the price.

1. BE YOURSELF

Sounds wise.

Until you realize that your current self is the result of years of habits, fears, insecurities, and borrowed opinions.

Not everything about you deserves loyalty.

Sometimes "being yourself" is exactly what keeps you stuck.

Growth often begins when you challenge who you've been, not when you protect it.

The caterpillar never becomes a butterfly by staying loyal to its original identity.

2. EVERYTHING HAPPENS FOR A REASON

Maybe. Maybe not.

Sometimes things happen because people make bad decisions.

Sometimes because life is unfair. And sometimes because chaos doesn't care about your plans.

Trying to force meaning into every setback can stop you from learning the lesson that's staring you in the face.

3. MONEY DOESN'T MATTER

People love saying this until rent is due.

Money won't buy happiness, but it can buy peace of mind, options, freedom, and time.

Funny enough, most people who claim money doesn't matter spend a lot of their lives worrying about not having enough of it.

4. YOU NEED CLOSURE TO MOVE ON

Here's the thing:

Many people spend years waiting for explanations they'll never get.

The truth? Closure is often a door you have to close yourself.

Not every chapter ends with answers. Some end with acceptance.

5. GOOD THINGS COME TO THOSE WHO WAIT

No.

Good things usually come to people who move. Waiting has become a respectable disguise for fear.

The world rarely rewards the person standing still. It notices the person taking action while everyone else is still "getting ready."

6. EVERYONE SHOULD LIKE YOU

This belief has probably caused more fake personalities than anything else.

The moment you try to be loved by everyone, you stop being yourself.

Some people will misunderstand you. Some won't like you.

And why wouldn't they? Even the sweetest fruit has people who hate its taste.

7. THE RIGHT PERSON WILL ACCEPT YOU AS YOU ARE

This one sounds romantic.

And that's exactly why it survives.

Yes, the right person should accept your flaws. But acceptance is not approval.

If you're selfish, emotionally unavailable, lazy, or immature, no healthy relationship is obligated to celebrate that.

The right people don't just accept you. They challenge you. And sometimes love sounds less like comfort and more like a mirror.

8. HARD WORK GUARANTEES SUCCESS

Hard work matters.

But hard work alone is not some magical vending machine where effort goes in and success comes out.

Timing, opportunity, skills, relationships, and luck all sit at the same table.

Ignore that reality and life can feel unnecessarily confusing.

9. HAPPINESS IS THE GOAL

Most people chase happiness the way a dog chases its tail.

The harder they run after it, the further it seems to get.

Funny enough, happiness often shows up as a side effect of purpose, growth, connection, and progress, not as the main target.

10. EVERYONE HAS THEIR OWN TIMELINE

People repeat this whenever they feel behind.

And there is truth in it.

But it has also become a beautiful excuse for procrastination. A way to avoid urgency. A way to make years of inaction feel philosophical.

You don't need to compare yourself to others. But you should compare yourself to who you were three years ago. If nothing has changed, the timeline isn't the problem.

11. BEING BUSY MEANS BEING PRODUCTIVE

Look around.

Many people aren't building a future. They're just running in circles with impressive-looking schedules. Motion and progress are not twins.

One changes your life. The other simply exhausts you.

WHAT TO BELIEVE INSTEAD

Replace comforting illusions with uncomfortable truths:

- Discipline beats motivation.
- Action beats waiting.
- Self-respect beats people-pleasing.
- Consistency beats intensity.
- Acceptance beats endless closure.

- Purpose beats chasing happiness.

The truth isn't always pleasant.

But it tends to work.

THE REALITY MOST PEOPLE AVOID

Life is strange.

The beliefs that feel the most comforting are often the ones that keep you stuck.

They act like soft pillows for the mind—comfortable enough to rest on, dangerous enough to sleep through your entire life.

Question everything.

Especially the ideas everyone applauds without thinking.

Because sometimes the most popular advice in the room is also the most expensive.

DEEP QUESTION

If you removed every belief you inherited from society, family, friends, and the internet, how many of your current life choices would still belong to you?

Rules That Scare Off Narcissists And Toxic People

The people who truly care about you won't be threatened when you grow.

The ones who benefited from your lack of boundaries will.

Sometimes, becoming healthier doesn't attract better people first... it exposes the wrong ones.

1. DON'T LET PEOPLE SKIP THE TRUST-BUILDING STAGE

Not everyone deserves front-row seats in your life just because they seem kind.

Healthy relationships grow like trees. Toxic ones often grow like weeds—fast, invasive, and everywhere before you realize what's happening.

2. DON'T REWARD DISRESPECT WITH MORE ACCESS

One apology means little if the behavior never changes. Respect isn't rebuilt with promises.

It's rebuilt with patterns. Watch what people repeat, not what they regret.

3. LET PEOPLE BE UPSET WITH YOU

Not everyone who is disappointed has been wronged. Sometimes they're simply frustrated because you stopped making life easy for them. Their discomfort isn't always your responsibility.

4. NEVER CHASE SOMEONE WHO KEEPS WALKING AWAY

People who value your presence don't constantly test whether you'll run after them. The moment someone turns love into a game of pursuit, stop playing.

5. PAY MORE ATTENTION TO CONSISTENCY THAN CHEMISTRY

Charm can create butterflies. Character creates peace. Anyone can impress you for a weekend. Pay attention to who they become after the performance ends.

6. DON'T CONFUSE PITY WITH LOVE

Some toxic people survive by making you feel guilty enough to stay. Compassion is beautiful. But it should never become the prison where your own happiness goes to die.

7. KEEP SOME PARTS OF YOUR LIFE PRIVATE

Not everyone deserves unlimited access to your dreams, struggles, or next move. Information is trust, and trust should be earned—not handed out because someone asked.

8. BELIEVE THE PATTERN, NOT THE EXCUSE

Everyone has bad days. But when the same behavior keeps wearing different excuses, you're no longer looking at a mistake. You're looking at a personality.

9. STOP TRYING TO WIN PEOPLE OVER

The right people don't need endless convincing to value you. If someone constantly makes you audition for basic respect, they've already failed the role in your life.

10. DON'T ARGUE WITH PEOPLE WHO PROFIT FROM CONFUSION

Some people don't want solutions. They want control. They twist conversations until you begin questioning your own memory, intentions, and sanity. Walk away before you start defending things that never happened.

11. ACCEPT THAT LOSING SOME PEOPLE IS PART OF WINNING YOUR LIFE BACK

Every boundary has a price. Sometimes that price is access. The people who disappear because you started respecting yourself were never protecting your peace. They were protecting their control.

HERE'S THE PART MOST PEOPLE LEARN TOO LATE

Narcissists and toxic people aren't usually scared by confidence.

They're scared by people they can no longer manipulate.

The day you stop over-explaining, stop chasing, stop apologizing for healthy boundaries, and stop confusing guilt with love, you'll notice something interesting...

Some people will quietly leave your life.

Don't panic.

The trash rarely complains when it's taken out.

Which rule do you think toxic people hate the most... and why?

Things Fathers Never Teach Their Children

Some lessons don't come from school. They don't even come from home.

They come from getting blindsided by life and realizing nobody warned you.

Maybe your father couldn't teach them... or maybe nobody ever taught him.

1. PEOPLE DON'T ALWAYS LOVE YOU. THEY LOVE WHAT YOU DO FOR THEM.

Love can be genuine, but don't confuse gratitude, convenience, or dependence with loyalty.

The moment you stop providing value, some people quietly disappear.

It hurts, but it's better to learn this early than after giving away years.

2. BEING NICE IS NOT THE SAME AS BEING RESPECTED.

Kindness without boundaries becomes permission for others to use you.

Respect isn't earned by saying yes to everything.

Sometimes the strongest word you can say is "no," and mean it without guilt.

3. YOUR EMOTIONS ARE REAL, BUT THEY ARE TERRIBLE LEADERS.

Anger screams. Fear lies. Excitement rushes. If every decision follows your feelings, your life will feel like a ship being steered by the waves instead of the captain.

4. THE WORLD DOESN'T REWARD POTENTIAL.

People admire talent for a moment. They reward consistency for years.

It doesn't matter how gifted you are if you disappear every time life becomes uncomfortable.

5. LONELINESS ISN'T ALWAYS A BAD SIGN.

Some seasons require distance. Growth is often quiet, awkward, and lonely before it becomes visible.

Don't mistake temporary isolation for failure.

Sometimes it's simply the price of becoming someone different.

6. MONEY BUYS OPTIONS, NOT HAPPINESS.

People love saying money doesn't matter—until they need it. Money won't solve every problem, but it gives you choices, time, and freedom that poverty rarely offers. Learn to earn before you learn to impress.

7. NOT EVERY FIGHT DESERVES YOUR ENERGY.

Winning every argument is a fast way to lose your peace. Some people aren't looking for truth.

They're looking for a reaction. Don't hand them one.

8. CHOOSE YOUR FRIENDS LIKE YOU CHOOSE YOUR FUTURE.

The people around you slowly shape your standards, habits, and ambitions.

You rarely become stronger than the conversations you entertain every day.

Look around. You're being influenced whether you notice it or not.

9. DISCIPLINE WILL SAVE YOU WHEN MOTIVATION DISAPPEARS.

Motivation is exciting, but unreliable. Discipline shows up on boring mornings, difficult evenings, and ordinary Tuesdays.

That's why disciplined people keep moving while everyone else waits to "feel ready."

10. YOUR REPUTATION TAKES YEARS TO BUILD AND MINUTES TO DESTROY.

One careless decision can erase years of trust. Protect your name like an investment.

Opportunities often arrive because of what people believe about your character before they ever meet you.

11. LIFE DOESN'T OWE YOU FAIRNESS.

Some people will start ahead of you. Others will cheat and still win.

Complaining changes nothing. Focus on what you can build with the cards already in your hands.

THE LESSON BEHIND THE LESSON

If your father never taught you these things, don't spend your life resenting him. Many fathers gave everything they had, but they couldn't pass down knowledge they never received themselves.

Your job isn't to inherit every answer.

Your job is to become the person who breaks the cycle.

The greatest inheritance isn't money, property, or a famous last name.

It's wisdom that keeps your children from learning every lesson the hard way.

Which of these lessons do you wish someone had taught you much earlier in life?

The End Of Suffering

"Pain is inevitable, suffering is optional" —Haruki Murakami.

In this human physical experience, many unpleasant or unwanted things will happen, like loss of a loved one, heartbreak, physical injuries, sudden life changes that disturb you and bring you uneasiness. These are things you cannot control and that may cause you pain.

But there is something that's always in your hands when all those things happen: the conscious response to those events. How you take them and what you make of them in the end.

When you choose to mentally try to make sense of what happened, why it happened, replay it in your head and resist the fact that it happened believing it should have

been some other way, that's when you create the suffering in your own life.

Painful events can cause distress initially, but you can mitigate or even erase suffering by accepting what happened as it is, not replaying it over and over in your mind and also, and more importantly, practicing self-love and self-compassion, since being human means you're going to go through challenges and things not always are going to happen the way you expect.

Suffering has a very simple way of going away, not easy when you've train your nervous system all this time to be so reactive to everything around you, but simple: PRESENCE.

If you are present in the now, suffering cannot exist, because it feeds from the past memories and the future scenarios your mind creates.

When you are fully in the present moment, there is no time, there's only now, and in the now there are no worries, no judgment, no anxiety, no depression, only presence, only fully living and being.

It only takes some conscious awareness through your day.

Whenever you find your mind trying to wander in time, back or forth, bring yourself back to the present moment, no matter what you're doing, where you are and who you're with.

Just do whatever you were doing but be fully there, even if it's doing the dishes, driving, watching TV, having a coffee with friends… be there fully doing only that single activity.

And you just ended suffering for yourself right there.

That moment is perfect, it is full, there are no flaws, no judgement, no responsibilities, no worries, you are just there, being you, doing whatever it is you're doing.

That present moment is eternal, it has no time.

And if by any chance, you are by yourself and you're feeling lonely or sad, try to be with the emotion, even if it's a bit unpleasant, specially if your mind is trying to meddle. Just be with you, feel your body going through it and do not judge the emotion or try to hold it or supress it.

We always try to run away from feelings that make us feel "not good", but they are part of the human adventure, as we came here to feel them all without distinction between pleasant and unpleasant.

But if you manage to be with your emotion right there, no matter what it is, and you are just fully present with it, you'll get to know yourself better, you'll connect with your body and next time that emotion comes back, it won't surprise you anymore, it won't be as "annoying", and it will be easier for you to not let your mind get in the way with shitty thoughts about what you're feeling.

So, if you're suffering right now, try to practice full presence on whatever you do and whatever you're feeling, and remember to love yourself first, since it's not your fault to feel a certain way, it's human to feel.

We go through so much in this physical experience, that sometimes it's too much, but there's compassion for that, since most of the times we're oblivious of what's happening since our body reacts from memory.

The end of suffering is presence and self-compassion, remember that whenever you feel life is getting too heavy.

You're doing great, just live, feel it all and make the most of it.

What Is Anything That Is Within Our Own Control?

"You have power over your mind — not outside events. Realize this, and you will find strength." —***Marcus Aurelius, Meditations.***

How you take what happens and what you make of it is the only thing that's absolutely up to you.

The rest… most of it, is out of your hands.

What other people do, say or think, the weather, the traffic and all the external events that take place in our daily lives are mostly out of our own control.

What is important there is **how you choose to look at what happens.**

Are you going to choose to be a victim of your circumstances or be responsible for your own actions?

Are you going to let what happens affect you or are you choosing to accept it no matter what and move on with your life?

Control over external stuff or other people is just an illusion, the only control you have is over your own choices.

The moment you accept what is and that you don't know what will happen and you're OK with it anyway because your choices do not depend on external factors, that's when you regain control of your own life.

One Thing Made The Biggest Difference For You

Perspective.
Change it and you change your life.

The moment you understand that what you're seeing and experiencing is not "reality" but "your reality", that's when everthing shifts.
Your free will here is all about "conscious choice".
What happens out there is not what matters.
How you choose to see what happens and what you end up making of it, that's the key.
People are stuck in the victim's mindset.
They believe life happens to them and if it's good, ok, but if it's bad, it's hell and they suffer.
There's no good or bad.
There's just what is. It's all neutral.
It's all there for you to make of it whatever you feel like.
Life doesn't have a built-in meaning. You give it your own.
Your responsibility is to make the choice, decide how you want your experience to be.
Do you want to live from the perspective of a victim, where things just happen to you and you just stay there taking it in, coping, surviving…?
Or would you rather be responsible and make conscious choices about whatever happens in your life, so that you can learn from it, expand yourself, be creative, grow and make the most of the experience?
Your choice…
Perspective. Truly Life-changing.

Some Red Flags Of Emotional Abusers

1. They make you feel sorry for them.

They share unusual personal information about their past on the early stage of relationship in order to gain your sympathy.

2. They make you compromise your values.

You turn a blind eye to things you wouldn't normally tolerate because you sympathize so deeply with them.

3. They make you feel used.

They like to mention their former friends and lovers of

which they speak of disrespectfully. Some commonly used words:

Delusional, overly jealous, codependent etc.

4. They make you feel special.

They compare you to their former friends and lovers: "I didn't think I could find anyone like you."

"Feel more connected with you than with anyone else."

5. They make you feel guilty and use that to

manipulate you.

You might start to feel like they don't actually care about

you and bringing up this concern will cause them to guilt

trip you:

"You have no idea how much I've tried because of you and now you blame me for not caring enough.

6. They take a lot from you and give back

very little. They expect you to compromise your wellbeing in order to

meet their needs. They will use various excuses to justify their actions.

7. They don't take responsibility, but place

blame elsewhere.

It's always about what someone else has done to them.

They try to manipulate you to take responsibility for their actions and feelings.

Facts That Not Many People Know

1. There's a Little Bit of "Psychopath" in Everyone.
2. Killing a snake by cutting off its head doesn't mean the story is over. If the reptile's severed head bites into your body, you could still die, as the venom is still flowing.
3. If you want a snake-free life, then move to Ireland, Iceland, New Zealand, or one of the Earth's poles (South or North). There are no snakes there.

4. In Finland, there is no report card that measures a child's grades.
5. Education in North Korea only goes up to secondary level.
6. Cats have the same brain as humans biologically.
7. Unemployed people in Saudi Arabia are paid 7.6 million rupiah or around 2000 riyals per month
8. High school students in South Korea have the longest study hours from 8:00-22:00.
9. Giraffes have high blood pressure and trouble sleeping.
10. Dolphins Can Hold Their Breath for 15 Minutes.
11. After being beheaded, we are still conscious for 8 seconds.
12. Washing rice more than 3 times will remove the good substances in it.
13. Almost all people who are suicidal show warning signs of suicide.
14. 98% of rapes come from people close to you.
15. In fact, ghosts are one of the most widely believed paranormal phenomena.
16. People who only get 6-7 hours of sleep have a longer life expectancy than those who sleep 8 hours.
17. Adult bed bugs can survive up to 1 year without feeding.
18. The United States is the country with the highest LGBT population.
19. Holding the head is not allowed in Thailand.

20. Dogs can die if given chocolate.

Why You'll Stay Broke for the Rest of Your Life?

Nobody plans to stay broke. Most people imagine that one day things will become easier—that after getting a better job, earning more money, or reaching a certain age, financial stress will naturally reduce. But that is rarely how it happens.

Financial struggle usually does not come from one terrible decision. It builds slowly through habits and ways of thinking that seem harmless at first and only become obvious after years have passed.

Of course, life is not equal. Some people begin with more opportunities, more support, and fewer obstacles than others. But even within difficult circumstances, there are patterns that repeatedly make financial growth harder.

Here are Few Reasons Why

1. You only work for money instead of building something

Hard work matters and there is nothing wrong with earning through your time.

The problem begins when your entire financial life depends on showing up every day for the next payment.

There are only so many hours a person can work, and eventually effort alone reaches a limit.

People who make financial progress often begin to think beyond income and start thinking about building. For some people that means learning a skill they can sell independently. For others, it means starting a small business, investing gradually, building a side income, or owning something that continues to create value over time.

A person earning an average income but slowly building investments or additional streams of income may eventually create more stability than someone earning more but depending on one source alone. Building does not always start big. Most times, it starts quietly and slowly.

2. You keep waiting for the perfect time

A surprising number of people delay financial progress while believing they are being careful. They tell themselves they will save when they earn more, invest when they understand everything, or start planning when life becomes less difficult.

But life rarely becomes less complicated. There is always another bill, another responsibility, another reason to postpone. Then one day they realize years have passed and nothing actually changed.

Most people who improve financially did not begin because conditions became perfect. They began because they accepted that clarity often comes after starting, not before it.

3. You avoid learning how money actually works

This one is quieter than people think.

Many of us spend years learning things for school but never spend time understanding money. They know how to pass exams but not how savings grow, how investments work, how debt behaves, or how people gradually create financial security.

Because money feels complicated, they avoid learning about it.

But financial education does not mean becoming an expert or reading difficult books. It can be as simple as understanding budgeting, learning the difference between saving and investing, reading about stocks, understanding mutual funds, learning basic business principles, or knowing how interest affects decisions.

Small financial knowledge often creates bigger change than people expect—not because it creates instant wealth, but because it helps people stop repeating expensive mistakes.

4. You spend everything you earn

Many people believe more income automatically means more financial liberty.

Then they earn more and slowly increase their lifestyle to match it.

No change.

The problem is not enjoying money. The problem is when every increase in income immediately becomes new spending.

Over time, expenses quietly grow until financial pressure returns and people wonder why earning more still feels the same.

Making money matters, but keeping and growing part of it matters too.

5. You live more to impress people than to secure yourself

This may be one of the most common reasons people stay financially stuck.

People want to look successful before they actually become successful and stable. They spend to match expectations, to fit in, or to create an image that everything is working out.

But appearances can become expensive.

Many people who seem financially comfortable are carrying pressure nobody sees. *Real financial growth is usually less dramatic than people expect.*

It often looks ordinary. It looks like patience, restraint, and making decisions that protect your future rather than your image.

Most people do not stay broke because they lack ability. They stay stuck because certain habits slowly become normal, and by the time those habits begin showing consequences, years may have already passed.

How To Fix Your Life Alone

1. Stop Waiting for Someone to Save You

No mentor, friend, partner, or opportunity will magically fix your problems. The moment you stop waiting and start acting is the moment your life begins to change.

2. Take Responsibility for Your Mistakes

Growth starts with accountability. Own your decisions, learn from your failures, and use them as stepping stones rather than setbacks.

3. Heal in Private, Not Online

Not every struggle needs an audience. Take time to reflect, process your emotions, and rebuild yourself without seeking constant validation.

4. Build Yourself From the Ground Up

Focus on strengthening your habits, mindset, skills, and health. Lasting transformation comes from consistent effort, not quick fixes.

5. Stop Expecting Support—Move Anyway
Support is helpful, but it isn't guaranteed. Learn to keep moving forward even when nobody is cheering for you.

6. Turn Pain Into Lessons, Not Excuses
Every setback contains a lesson. Instead of letting pain hold you back, use it as fuel to become stronger and wiser.

7. Work Every Day, Even When It's Boring
Success is built through repetition and discipline. The ability to stay consistent during ordinary days is what creates extraordinary results.

8. Don't Tell People Your Plans—Show Results
Words are easy. Results speak louder. Spend less time announcing your goals and more time working toward them.

9. Be Your Own Motivation
Motivation comes and goes. Learn to rely on discipline, purpose, and commitment rather than waiting to feel inspired.

10. Keep Going
Fixing your life isn't about perfection. It's about making better choices day after day. Trust the process, stay

consistent, and remember that every small step forward matters.
Follow this space if you want appreciate me.

19 Things To Do By Yourself

1. Go for a Hike

Explore a local trail, breathe in the fresh air, and enjoy the peace that nature offers. Sometimes the best conversations are the ones you have with yourself.

2. Spend the Day in a Bookstore

Lose yourself among shelves of stories, discover a new author, or settle into a cozy corner with a good book and a cup of coffee.

3. Take Yourself Out for Breakfast

You don't need company to enjoy your favorite meal. Savor a slow morning, order what you love, and appreciate the quiet.

4. Take a Yoga Class

Stretch, breathe, and reconnect with your body. A yoga session can help reduce stress while improving your physical and mental well-being.

5. Wake Up Early and Watch the Sunrise

There's something magical about witnessing the start of a new day. It's a simple reminder that every morning brings a fresh beginning.

6. Do Something You've Never Done—or Something That Scares You

Growth begins outside your comfort zone. Try a new activity, speak up, or take on a challenge you've been avoiding.

7. Go for a Long Evening Drive

Play your favorite playlist, roll down the windows, and enjoy the freedom of the open road.

8. Take a Day Trip Somewhere New

Visit a nearby town, beach, mountain, or hidden gem you've never explored. A change of scenery can be incredibly refreshing.

9. Start a New DIY Project

Get creative by building, painting, crafting, or decorating something with your own hands.

10. Reorganize a Room in Your Home

A clean and organized space often leads to a clearer mind. Refresh your surroundings and enjoy the sense of accomplishment.

11. Treat Yourself to a Spa Day

Book a massage, facial, or wellness treatment. Taking care of yourself is an investment, not an indulgence.

12. Create a Spa Night at Home

Light some candles, run a warm bath, apply a face mask, and unplug from the world for a few hours.

13. Go Stargazing

Find a quiet spot away from city lights and spend time admiring the night sky. It's a beautiful reminder of how vast the universe is.

14. Watch a Movie in the Middle of the Day

Skip the crowded evening shows and enjoy a relaxing solo cinema experience.

15. Cook a New Recipe

Challenge yourself to make a dish you've never tried before. Even if it's not perfect, you'll learn something new.

16. Take Up a New Hobby

Whether it's photography, painting, gardening, writing, or learning an instrument, hobbies add joy and purpose to everyday life.

17. Spend the Day at a Museum

Explore history, art, or science at your own pace without feeling rushed.

18. Perform a Random Act of Kindness

Buy someone a coffee, leave a thoughtful note, donate supplies, or simply make someone's day a little brighter.

19. Volunteer for a Cause You Believe In

Give your time to a community, charity, or organization that matters to you. Helping others is one of the most fulfilling ways to spend your time.

21 Etiquette Rules

1. Rise When Someone Enters the Room

Standing to greet someone shows respect and acknowledges their presence.

2. Let Others Exit Before You Enter

Whether it's an elevator, train, or doorway, allowing people to leave first keeps things courteous and efficient.

3. Say "My Pleasure" Instead of "No Problem"

"My pleasure" expresses warmth and willingness, while "No problem" can sometimes sound dismissive.

4. Listen Before You Speak

Give people your full attention. Being a good listener is one of the most valuable social skills.

5. Keep Your Phone Off the Table

When you're with others, your attention should be on the conversation—not your screen.

6. Keep Your Shoes Clean and Well-Maintained

Well-kept shoes reflect attention to detail and personal care.

7. Lower Your Voice in Serious Moments

A calm, measured tone shows empathy and emotional intelligence.

8. Wait to Be Addressed in Formal Settings

Observe the tone of the room before speaking, especially during formal gatherings or meetings.

9. Maintain Eye Contact During Handshakes

Steady eye contact conveys confidence, sincerity, and respect.

10. Ask About Others Before Talking About Yourself

People appreciate genuine interest. Start by asking questions and listening.

11. Walk Beside Your Guest, Not Ahead

Walking together signals hospitality and consideration.

12. Write Handwritten Thank-You Notes

A handwritten note feels personal and memorable in a digital world.

13. Leave Space in Group Conversations

Avoid dominating discussions. Give everyone the opportunity to contribute.

14. Wait Until Everyone Is Served Before Eating

This simple gesture demonstrates patience and respect for everyone at the table.

15. Compliment Character, Not Just Appearance

Kindness, integrity, and effort are often more meaningful than physical looks.

16. Dress for the Occasion, Not for Attention

Appropriate attire shows respect for the event and the people attending it.

17. Speak Only When It Adds Value

Thoughtful words often have more impact than speaking simply to fill silence.

18. Gesture Calmly Without Pointing

Relaxed, open gestures appear more respectful and welcoming than pointing fingers.

19. Use Cloth Napkins When Hosting Formal Meals

A linen or cloth napkin adds a touch of elegance and enhances the dining experience.

20. Check Your Reflection in Private

Grooming is important, but adjusting your appearance discreetly is considerate of those around you.

A Little Reminder

Some days life can feel heavy and dense.

You get trapped into the daily routines, the noise, the chaos, the nonsense.

There's only responsibilities, chores, goals, expectations... And all that pressure gets to you and you end up losing yourself to the character you are playing.

In those moments when everything feels too much and it's so overwhelming that the world seems like a toxic and dangerous place where nobody would like to be...

Remember this...

You are an eternal soul that just borrowed a body to live the physical human experience.

You are not your body, your job, your possessions, your thoughts...

You are the observer, the player, the consciousness that's living the adventure.
This lifetime is just a blip in your immortal endless journey through the Universe. A fleeting moment in eternity.
So lose the pressure.
Stop worrying about every single thing, interaction and event of your life.
Stop giving an emotional weight and meaning to everything that happens.
It is all for you to get to know yourself better, learn the lessons you came here for and have some fun.
It's all about the experience.
Do not let the mind try to make sense of it or try to figure it all out.
Live it. The key is in the body.
Feel more, think less.
Let the heart and intuition guide you and quiet the mind.
Prioritize your peace instead of the hustle, goals and overachieving. It is good to have purpose and objectives and some direction but it is all futile and meaningless without presence, peace, connection and enjoyment.
Love deeply and unconditionally.
Move more: dance, travel, take long walks in nature.
Laugh and have fun.
Feel every moment deeply and be present like it's the only thing in the world.
Remember who you truly are.
A little piece of the divine expressing itself through your physical form.
The Universe feeling creative and playing like a child.

God itself splitting into multiple avatars to experience limitation and contrast.
The ultimate form of spirituality is to live your humanity being fully conscious of the limitless being you actually are.

Gratitude

When you find yourself complaining about anything, try to be conscious about it and change the perspective to one of gratitude about it:

- I have to clean the house this weekend → I've got a house.
- I need to go and buy groceries → I've got money for groceries.
- My feet are sore from walking all day → I can walk.
- I hate early mornings to go to work → I've got a job.
- I have to pay the electricity and water bills → I've got electricity and running water.
- My parents call me all the time → I've got people that care about me.
- I need to take the car to get it checked out → I've got a car.

There are just some examples… I'm sure you'll have your own.

The key is to shift the vibration when you're complaining about something you don't want to do or a task that you

find tedious, boring or unpleasant by finding something to be grateful for regarding it.

Try it daily and you'll see how that improves your overall mood and your day gets brighter.

I'm sure you can find a lot of things and people to be grateful for in your life.

When you're in a state of gratitude, it's impossible for you to be annoyed or sad, both things cannot exist at the same time.

It's all about being more conscious and seeing life from a different perspective where anything can remind you how lucky you actually are.

Become A Different Person

You can, absolutely, but you need to do something most people are not willing to.
You need to question all the beliefs you have right now, about every single thing in your life.
Beliefs about who you are, what you can or cannot do and what your place in the world is regarding all the people you know and the events that have already transpired.
We are all "walking stories".

That narrative that's running 24/7 inside your head that's controlled by the ego and completely automated is what is stopping you from becoming a different person.
Everything you believe you know, the person you believe you are, the past events that happened, the education your parents gave you and all the behaviors you picked up from them that shaped your own personality…
All that makes up the story you carry and that eventually becomes a cage that limits your potential and your expansion.
Until you don't confront your story, challenge it and go deep to the roots of the conditioning, you will be stuck in it and you won't be able to change anything in your life.
You are pure vitality and possibility, but you limit that flow of life that's always running through you by believing all the bullshit your ego feeds you.
Stop. Take a deep breath.
Start being aware of your daily thoughts and behaviors and, instead of letting them just happen on autopilot, make conscious choices in the direction you truly want to go.
If you ever doubt what direction that is, listen to your intuition. That inner voice we usually neglect is our divine compass that knows who we are and where we need to go.
The moment you start being more aware of yourself, your feelings and actions every day, and you stop listening to your mind and trusting your gut feeling more, that's when you will open the way to the new you

that’s always been there but that was just afraid to show up.

Psychological Weapons Society Uses To Break You

The most dangerous prisons don't have bars. They have expectations.

Because when people can control what you fear, what you chase, what you celebrate, and what you're ashamed of... they don't have to control you anymore.

You do it for them.

1. THEY MAKE YOU CHASE A FINISH LINE THAT KEEPS MOVING

Graduate. Get the job. Buy the car. Get married. Buy the house. Earn more. Upgrade again.

Notice something?

You're always one achievement away from finally "arriving." But the finish line keeps running while you're still chasing it.

The reward isn't satisfaction, it's another target. Before long, you're living for the next milestone instead of the life happening right now.

2. THEY REWARD OBEDIENCE MORE THAN ORIGINAL THINKING

Most systems don't ask, "Can you think?"

They ask, "Can you follow instructions without making us uncomfortable?"

People who color outside the lines are called difficult long before they're called brilliant. It's safer for society when people repeat accepted ideas than when they question them.

Independent minds often earn resistance before they earn respect.

3. THEY CONVINCE YOU THAT BUSY MEANS IMPORTANT

A full calendar looks impressive.

An exhausted mind doesn't.

Some people stay busy because it feels productive.

Others stay busy because silence might force them to meet the person they've been avoiding, themselves.

When every hour is occupied, there's little time left to ask whether any of it is making you happier.

4. THEY TURN COMPARISON INTO A DAILY HABIT

You wake up.

Before you've even had breakfast, you've already compared your body, income, relationship, lifestyle, and success to strangers holding their best moments under perfect lighting.

That's not confidence you're losing.

It's your peace. And once comparison becomes a habit, even your biggest wins begin to feel too small.

5. THEY TEACH YOU TO FEAR BEING LEFT OUT

Look around.

How many decisions have you made because you truly wanted them...

And how many because everyone else was doing it?

Fear of missing out has convinced countless people to miss themselves instead.

Chasing belonging often comes at the cost of authenticity, and that's a price many people never realize they're paying.

6. THEY KEEP YOU SO ENTERTAINED THAT YOU NEVER QUESTION ANYTHING

A notification, Another video, Another trend.

Another argument that won't matter tomorrow.

A distracted mind is easier to influence because it never sits still long enough to ask dangerous questions.

Constant stimulation leaves little room for reflection, and reflection is where independent thinking begins.

7. THEY MAKE YOUR WORTH DEPEND ON APPLAUSE

The moment your confidence needs an audience...

You're no longer living.

You're performing.

And performers eventually forget where the stage ends and the real person begins.

When approval becomes your fuel, criticism starts feeling like an attack on your identity instead of simple feedback.

8. THEY SHAME YOU FOR GROWING OUT OF PEOPLE

Ever noticed how some people celebrate the version of you that stayed small?

The moment you set boundaries, dream bigger, or refuse old habits, they call you arrogant.

Not because you've changed.

Because your growth exposes their comfort. Some people don't miss the old you—they miss the version they could control.

9. THEY TRAIN YOU TO MISTAKE CONSUMPTION FOR IDENTITY

People no longer ask, "Who are you?"

They ask what phone you carry, what brand you wear, where you travel, or what you own.

Slowly, your possessions begin introducing you before your character ever gets the chance. The more your identity depends on things, the easier it becomes to sell you a new version of yourself.

10. THEY MAKE YOU BELIEVE YOUR BIGGEST ENEMY IS OTHER PEOPLE

Here's the trick.

Keep ordinary people competing with each other...

And they'll never notice what's quietly competing for their attention, freedom, and time.

Division is cheaper than control. A divided crowd spends so much energy fighting itself that it rarely asks who benefits from the conflict.

11. THEY CONVINCE YOU THAT YOUR INNER VOICE CAN'T BE TRUSTED

This is the weapon that hides inside all the others.

Little by little, you're taught to ask everyone else what to wear, what to believe, what success looks like, what

happiness should feel like, even what your life should become.

Eventually, your own instincts start sounding like strangers. And once you stop trusting yourself, someone else will gladly decide who you should become.

BREAK THE SPELL

You don't escape psychological traps by becoming louder.

You escape them by becoming harder to manipulate.

- Spend time alone without reaching for a screen.
- Question ideas that everyone treats as untouchable.
- Build your identity around principles, not applause.
- Protect your attention like it's money.
- Learn the difference between what you want... and what you've been trained to want.

Because every system has limits.

It loses power the moment you stop reacting on command.

ONE LAST THOUGHT

The strongest chains aren't made of steel.

They're made of invisible beliefs repeated so often that they begin to sound like your own voice.

Most people will spend their entire lives fighting enemies outside themselves...

Never realizing the battle was quietly won inside their minds years ago.

So here's the question:

If every opinion, ambition, and fear you carry was stripped away today... how much of the person left would truly be you?

What I Learned About Narcissists?

The biggest lie I believed was that narcissists are easy to spot.

I imagined loud, arrogant people who walked into every room demanding attention.

Then I started paying closer attention.

That's when I realized the most dangerous narcissists rarely introduce themselves with confidence. They introduce themselves with charm.

THEY DON'T FALL IN LOVE WITH YOU. THEY FALL IN LOVE WITH YOUR VALUE.

Here's the thing. A narcissist doesn't always ask, "Who are you?"

They ask, "What can you do for me?"

Your kindness becomes something to exploit. Your patience becomes something to stretch.

Your empathy becomes something to weaponize against you.

At first, they make you feel like the most important person in the world.

Later, they make you feel guilty for expecting the same treatment back.

That's not love.

It's a transaction pretending to be affection.

THEY DON'T CONTROL YOU WITH FORCE. THEY CONTROL YOUR REALITY.

One lesson changed everything for me.

Most narcissists don't win arguments because they're right.

They win because they slowly make you question your own memory, judgment, and emotions.

You begin apologizing for things you didn't do.

Explaining feelings, you shouldn't have to defend.

Second-guessing experiences, you know happened.

The goal isn't to convince you they're perfect.

The goal is to convince you that you can't trust yourself without them.

And once that happens, control becomes effortless.

THE RED FLAGS ARE QUIET, NOT DRAMATIC.

Movies teach us to expect explosive villains.

Real life is subtler.

Pay attention when someone:

- Never accepts responsibility without blaming someone else.
- Makes every disagreement about your flaws instead of the issue.
- Punishes boundaries by withdrawing affection or creating guilt.
- Needs admiration but struggles to celebrate anyone else's success.
- Makes you feel emotionally exhausted after nearly every interaction.

One sign proves very little.

A consistent pattern tells the real story.

THE BIGGEST MISTAKE GOOD PEOPLE MAKE

For a long time, I thought more patience would solve the problem.

It usually made it worse.

Kind people often assume everyone wants understanding because that's what they would want themselves.

But some people don't see kindness as compassion.

They see it as permission.

You cannot heal someone who benefits from staying the same.

And no amount of love can replace someone else's willingness to change.

WHAT I WOULD DO DIFFERENTLY TODAY

If I could give one piece of advice, it would be this:

Stop paying attention only to how someone treats you when they're happy.

Watch how they respond when:

- You tell them "no."
- You succeed without them.
- You disagree respectfully.
- You stop chasing their approval.
- You establish healthy boundaries.

Character isn't revealed when life is easy.

It's revealed the moment someone no longer gets their way.

That's where the mask usually slips.

BEFORE YOU CALL IT LOVE

After two years of studying narcissistic behavior, one truth stayed with me more than anything else.

The most dangerous manipulation isn't making you love someone else.

It's making you abandon yourself to keep them.

The day you start shrinking your voice, questioning your worth, and apologizing simply to keep the peace, the relationship has already begun costing more than it's giving.

Real love doesn't require you to disappear so someone else can feel bigger.

So let me ask you one question:

Have you ever mistaken someone's attention for love... when they were really just attracted to what they could take from you?

Maturity Is A Mindset, Here Are 15 Signs

1. You understand life is cool when nobody knows anything about you.

2. You embrace consistency and discipline not motivation and self-help books.

3. You understand your mental health matters way more than any relationship.

4. You let people win arguments on purpose to conserve your mental health.

5. You've forgiven your parents and love them for who they are.

6. You've trained your mind to master your feelings and control your ego.

7. It has become 10x more easier to outgrow your lazy and unambitious friends.

8. You don't force your beliefs on people. You understand not everyone think the same way you do.

9. You learn but never take advice from people who're not where you want to be in life.

10. You never force anyone to choose you. Instead, you let people do whatever pleases them.

11. You understand no one owes you anything. You play to win your own battles.

12. You've realized that you are not responsible for other people's happiness. You do you.

13. You don't allow pain to destroy you. Instead, you build strength from the pain.

14. You've mastered the art of taking action without waiting for the "right time".

15. You no longer stress about other people's opinion.

People Chase You In Many Conditions

1. When they see your growth.
2. When they see you turning more beautiful or handsome.
3. When they see you being the happiest alone.
4. When they see your confidence without arrogance.
5. When they see your peace in the middle of chaos.
6. When they see you respecting yourself and setting healthy boundaries.
7. When they see you no longer seeking anyone's approval.
8. When they see you becoming emotionally mature.
9. When they see you consistently improving yourself.
10. When they see you succeeding despite difficulties.
11. When they see your kindness without expecting anything in return.
12. When they see your discipline and strong work ethic.
13. When they see your purpose becoming bigger than people's opinions.

14. When they see you walking away from what no longer serves you.
15. When they see you valuing your time and energy.
16. When they see you becoming genuinely happy with your own life.
17. When they see your resilience after failures and setbacks.
18. When they see you living with integrity and authenticity.
19. When they see others respecting and trusting you.
20. When they realize they can no longer take your presence for granted.

So instead of chasing, become someone worth finding.

Believe this timeless truth:

"*What is truly meant for you will reach you at the right time, and what misses you was never meant to remain.*"

Keep growing. Keep learning. Keep doing the right things. Focus on becoming your best self, and let the right people, the right opportunities, and the right blessings find their way to you.

Make A Good First Impression

People decide how they feel about you before you've had the chance to explain yourself.

Sounds unfair, doesn't it? But here's the thing: first impressions aren't built by luck.

They're built by tiny signals your mouth hasn't even spoken yet.

1. ENTER LIKE YOU BELONG THERE

Confidence isn't walking in like you own the room. It's walking in like you don't need anyone's permission to exist.

Your posture often introduces you before your name ever does.

2. MAKE EYE CONTACT... THEN DON'T RUSH AWAY

A quick glance feels uncertain. A cold stare feels threatening. Hold eye contact just long enough to show presence, then look away naturally.

It tells people you're comfortable with them—and with yourself.

3. SMILE LIKE YOU MEAN IT

You don't need a Hollywood grin. A genuine smile that reaches your eyes lowers people's guard faster than the smartest sentence ever could.

Warmth is remembered long after perfect words are forgotten.

4. SPEAK A LITTLE SLOWER THAN YOU THINK YOU SHOULD

Nervous people race through conversations. Calm people control the pace.

Slow speech makes you sound more thoughtful, more confident, and much harder to ignore. Silence isn't your enemy.

It's part of your message.

5. REMEMBER NAMES EARLY

People secretly love hearing their own name. Use it naturally during the conversation, not every sentence, lol.

That small detail tells them they weren't just another face passing through your day.

6. MAKE THEM FEEL INTERESTING

Here's the trick most people miss: stop trying to impress people.

Become impressed by them. Ask thoughtful questions. Listen closely.

People often remember the person who made them feel important more than the person who talked the most.

7. DON'T APOLOGIZE FOR EXISTING

Stop beginning everything with, "Sorry if this is a stupid question..." or "I'm probably wrong, but..."

Every unnecessary apology quietly shrinks your presence before you've even made your point.

8. LOOK PUT TOGETHER, NOT EXPENSIVE

People notice cleanliness before they notice luxury.

Neat clothes, fresh breath, tidy hair, and good hygiene communicate self-respect.

And people naturally trust those who appear to respect themselves.

9. MATCH THE ROOM BEFORE YOU STAND OUT

Look, every room has a rhythm. Observe it first. Then bring your personality.

People accept originality much faster when they first feel you're socially aware. Read the room before trying to lead it.

10. LEAVE THEM FEELING BETTER THAN YOU FOUND THEM

This is the secret almost nobody talks about.

People won't remember every word you said. They'll remember how they felt after meeting you. Leave encouragement. Leave laughter.

Leave respect. That's the kind of impression that keeps doors open.

HOW TO BECOME MEMORABLE

- Focus less on being liked and more on making others feel comfortable.
- Practice presence instead of perfection.
- Listen more than you speak.
- Carry quiet confidence, not loud attention.
- Let consistency become your reputation.

ONE LAST THOUGHT

A great first impression isn't about pretending to be someone else. It's about removing the habits that hide your best qualities.

People trust authenticity much faster than performance.

DEEP QUESTION FOR YOU:

When people meet you for the first time, what feeling do you hope they remember long after you've left?

8 Rules For Financial Success:

1. Avoid High-Interest Debt

High-interest debt (especially credit cards) is the enemy of financial progress. When you’re paying 20% interest on a balance, it’s almost impossible to get ahead.

Pay off high-interest balances first, then avoid carrying them again. Your future self will thank you.

2. Think in Decades, Not Days

Wealth builds slowly, then suddenly.

Shift your mindset from quick wins to long-term growth. Decisions made with a 10-, 20-, or 30-year horizon almost always outperform impulsive choices.

Long-term thinking changes everything: your investments, your career, your spending — all of it.

3. Build an Emergency Fund (3–6 Months of Expenses)

Life happens — layoffs, medical bills, repairs.

An emergency fund gives you freedom, security, and options. Aim for 3–6 months of essential expenses in a safe, easy-to-access account. It's not about earning interest; it's about protecting your financial stability.

4. Create a Budget (Give Every Dollar a Job)

A budget isn't restrictive — it's empowering.

When you tell your money where to go, you stop wondering where it went.

Try a simple method:

Income, Bills, Savings, Investments, Fun

Assign every dollar a purpose. That's the path to intentional spending.

5. Invest in Yourself

The best investment you can make is the one that increases your earning power.

Learn new skills, take courses, read, practice, and grow.

Small improvements compound, and over years they translate directly into higher income, better opportunities, and a more fulfilling career.

6. Negotiate Everything

Most people never negotiate — which means they overpay for almost everything.

Negotiate your salary, your rent, your cable bill, your insurance premiums, and any fees you're charged.

One good negotiation could be worth thousands of dollars a year.

7. Invest in Index Funds

You don't need to beat the market — you just need to be in the market.

Index funds offer:

Low fees, Broad diversification, Strong long-term performance

Time in the market beats trying to time the market. Consistency wins.

8. Build Multiple Income Streams

Relying on one source of income is risky.

Build a mix of:

Your main job, Side income, Investments, Passion projects

Every additional income stream adds stability and opportunity.

Lessons That Will Make You Stronger

1. Anger Is a Punishment You Give Yourself
No one suffers more from your anger than you do.

2. Discipline Is the Highest Form of Self-Love
Doing what's hard today protects your future.

3. Ego Is the Enemy — Stay Humble
Pride blinds growth; humility sharpens it.

4. Do the Right Thing, Not the Easy Thing
Character is revealed under pressure.

5. You Become Unstoppable When You Stop Seeking Approval

Freedom begins where validation ends.

6. You Don't Need to Respond to Everything That Invades Your Life
Silence is often the strongest reply.

7. The World Owes You Nothing
Gratitude replaces entitlement with power.

8. Most Fears Are Illusions — Face Them
Fear shrinks when confronted.

9. Let Go of What You Can't Change
Or it will control you.

10. The Strongest Person Controls Themselves
Self-mastery is real power.

11. Emotion Kills Logic — Breathe, Don't React
Pause before you act.

12. You Suffer Twice When You Worry About Tomorrow
Be present. Tomorrow will come anyway.

13. Not Everything Deserves a Reaction
Your peace is more valuable than your opinion.

14. If It Won't Matter in Five Years, Let It Go Today
Perspective dissolves pain.

15. Become the Person Your Past Self Prayed For
Honor your own growth.

16. Focus on Effort, Not Outcome
The outcome belongs to fate; effort belongs to you.

17. A Wise Mind Listens Twice Before Speaking Once
Silence sharpens wisdom.

18. Suffering Becomes Strength When You Accept It
Resistance creates pain; acceptance creates power.

19. Routine Builds Warriors; Chaos Builds Victims
Structure is freedom

20. Your Time Is Your Life — Guard Both
Spend it with intention.

7 Stoic Rules for Mental Clarity

1. Control What You Can. Release What You Can't.
Most stress comes from trying to fix things outside your power.
Focus on your actions, attitude, and effort—let the rest go.

2. Pause Before Reacting
A moment of silence can save you from days of regret.
Respond with intention, not impulse.

3. Choose Reason Over Rage
Anger clouds judgment and weakens character.

Clarity comes when you let logic lead emotion.

4. Don’t Chase Status

Reputation is fragile. External validation is unstable.
Build your worth on discipline, not applause.

5. Accept Fate, But Act With Intention

Not everything is in your hands—but how you show up always is.
Do your best, accept the rest.

6. Detach From the Outcome

You control effort, not results.
Do the work and release the anxiety that comes with needing a specific outcome.

7. Silence Is Strength

Noise is everywhere—opinions, arguments, the urge to be heard.
But the strongest people speak less, think more, and choose their words with precision.

5 Things To Quit Right Now

Quitting these five things can lead to significant improvements in mental health, happiness, and overall well-being. Here's a brief explanation of each:

1. _Trying to please everyone_: Stop trying to appease others at the expense of your own needs and desires. Embrace your individuality and prioritize self-acceptance.

2. _Fearing change_: Change is inevitable. Embrace it as an opportunity for growth and development, rather than resisting it out of fear.

3. _Living in the past_: Focus on the present moment and future possibilities, rather than dwelling on past regrets or hurts.

4. _Putting yourself down_: Practice self-compassion and self-kindness, rather than self-criticism. You are enough, just as you are.

5. _Overthinking_: Mindfulness and presence can help calm the mind and reduce excessive thinking. Embrace simplicity and trust your instincts.

Remember, quitting these habits takes time and practice, but the benefits are worth it – more peace, confidence, and joy!

20 Signs You Might Be Arrogant

Being arrogant can ruin your success and is very harmful. Sometimes, we might not even realize we're being arrogant. Here are some simple signs to help you see if there's room for change:

1. You can't listen to people who's in charge.

2. You don't like to accept advice or corrections.

3. You find it hard to say "I'm sorry."

4. You believe your success is only because of your hard work.

5. You don't show respect to others.

6. You always feel better than people around you.

7. You want to take charge of everything.

8. You believe you are superior to others.

9. You struggle to work with people who have less experience.

10. You get angry when someone corrects you.

11. You stay away from critics who don't understand your point of view.

12. You feel too proud to learn new things.

13. You're embarrassed to ask questions when you don't know something.

14. You often talk about your accomplishments.

15. You don't think it's important to thank those who help you.

16. You believe no one knows more than you do.

17. You think you can't make mistakes.

18. You feel like you know everything about life.

19. You overlook the people who helped you succeed.

20. You don't appreciate those who have been good to you, even if you could easily do so.

Being humble is very important!

Have Transformes A Hurtful Comment Into Positive?

If a comment about you hurts, it means something inside of you already believes it's true.

The best thing you can do is do not engage with the person doing the comment.

Then, when you're by yourself, go back to it, go deep down to the root of it and challenge its truth.

How does the comment make you feel?

What gets triggered inside of you?

What is the core belief that you're holding about yourself that makes you believe it and feel bad about it?

Is that belief a truth or is it just something you do to protect yourself from something you don't want to uncover and work on about your own life?

Remember when somebody says something about you, they're seeing you as a mirror or their own projections.

If you get offended by what somebody says about you, that's great, because if you follow that path, you're going to find limiting beliefs that are preventing you from living freely and authentically.

Go there, work on that, free yourself from that limitation.

Do the same every time somebody says something that triggers you.

This way, instead of feeling like a victim everytime somebody speaks, you'll be turning their words into hints about what you can work on about yourself.

Then, thank them all for being nice beautiful mirrors where you can honestly look at yourself.

Enjoy the ride, my friend! ;)

This Moment

There's only this.

This moment is all you have.

Right Here, Right Now.

This cup of coffee, this conversation with this person, this walk, this sunset, this shower, this dinner, this.

There's no yesterday, no tomorrow.

There's only presence.

The Now is eternal. You're always there.

But are you truly there?

Don't let your mind trick you into wandering through the illusion of time.

Be Here and Now Fully.

There's no anxiety in the here and now.

There's no depression in the here and now.

There's no worry, suffering, fear or expectation in the here and now.

There's only peace, joy and pure possibility.

This moment is all you have, and you have it always available because it is eternal, it's up to you to consciously choose to be there fully instead of avoiding whatever is there for you by trying to look for something else.

This moment is perfect, and it always brings you whatever it is you need.

Do not waste this moment by trying to think of another one that may or may not exist.

Do not take this moment for granted because it will vanish and you'll spend the next precious moment regretting not having lived the previous one.

Accept this moment as it is, be grateful for it, appreciate it and make the most of it.

Life happens in this moment.

Enjoy the ride

Achievements Are The Distraction

Every step of the way in this journey of Life holds a lesson you can benefit from.

Either you achieve that something you were aiming for or not, it's really up to you how you want to see what happened and what you're going to take from it.

People usually believe that being successful at getting their goals and dreams is the key.

When actually the key is to walk the path with the absolute belief that you are already enough and do whatever it is you want to do for the fun of it, without any specific outcome in mind, letting it turn out the way it's meant to be so that it can help you grow and expand your consciousness.

When you're trying to achieve something by thinking that you'll be better off when that happens, you're

actually sending the message that you're not enough as you are right now.

It's ok to have goals, to work towards something, have a purpose…

But when you start trying to achieve things in a desperate attempt to complete yourself or compensate for something you believe is lacking in you, that's when you lose track of what truly matters.

I believe the biggest lesson in life regarding achievements is precisely that there's nothing to achieve.

We come here for the experience.

Society tries to convice us that we need to improve, get better, have more money, be more fit, have a better job, a better house, the life that's expected of us.

We are here for the journey, which is going to teach all the lessons needed and agreed before our incarnation.

The achievements are the distraction, the journey is what truly matters.

You arrive as an eternal soul and you're given a body to operate in this plane of existence, and when you leave, the body stays and you are free again to be your true self, the essence, the immortal soul which never changes.

So, whatever it is you are aiming for, remember that you are already enough and there's nothing to achieve, and then go out there and express yourself, be creative, move, have the full Life experience, but don't think for a second that the "achievements" will give you what you need to feel better with yourself.

Enjoy the ride

How People Try To Shrink Confident People?

Some people don't hate your confidence because it's loud. They hate it because it exposes what they're avoiding in themselves.

Instead of building their own confidence, they spend their energy trying to make yours disappear. That's the game most people never notice.

1. THEY TURN YOUR CONFIDENCE INTO "ARROGANCE"

The moment you stop doubting yourself, they'll say you've changed.

Confidence suddenly becomes "ego" in their eyes.

Not because you've become unbearable, but because your self-belief shines a light on the insecurity they've been trying to hide.

2. THEY HIDE INSULTS INSIDE JOKES

"It's just a joke."

You've heard that before, haven't you? The comments always seem to target your confidence, your appearance, or your ambitions.

Humor isn't the problem. Repeated disrespect disguised as comedy is.

3. THEY CELEBRATE YOUR FAILURES MORE THAN YOUR WINS

Watch who suddenly becomes talkative when you make a mistake.

Some people barely acknowledge your victories, yet they have endless opinions the moment you stumble.

Their excitement isn't about your failure—it's about feeling temporarily equal again.

4. THEY CONSTANTLY COMPARE YOU TO SOMEONE ELSE

No matter what you accomplish, they'll immediately mention someone who's doing better.

It isn't healthy perspective they're offering.

They're trying to make your progress feel smaller so you begin questioning achievements you were once proud of.

5. THEY DISMISS YOUR SUCCESS AS LUCK

One of the easiest ways to protect a fragile ego is to pretend your success wasn't earned.

They'll credit luck, timing, or connections before they acknowledge your discipline.

Admitting you deserved it would force them to confront their own excuses.

6. THEY PLANT DOUBT IN EVERY DECISION YOU MAKE

Every choice is met with unnecessary warnings, criticism, or skepticism.

Advice is meant to help you think clearly.

This is different. Their goal isn't better decisions—it's making you hesitate until your confidence starts working against you.

7. THEY MOCK YOUR AMBITION

"Why are you trying so hard?"
People who have settled for less often become uncomfortable around those who refuse to.
Instead of raising their own standards, they laugh at yours and hope you'll shrink to a level that feels familiar.

8. THEY KEEP REMINDING YOU OF YOUR PAST

The moment you begin changing, some people become historians.
They constantly bring up your old mistakes, old habits, and old identity, hoping you'll stay trapped there. It isn't always about your past.
Sometimes it's because your growth makes them uncomfortable.

9. THEY STAY SILENT WHEN YOU SUCCEED

Your biggest milestones are met with awkward silence, but your smallest mistakes become headline news.
That imbalance tells you everything.
People who genuinely support you don't struggle to celebrate your progress—they're happy to see you rise.

10. THEY CRITICIZE THE VERY QUALITIES THEY SECRETLY ADMIRE

Here's the irony. The confidence they mock is often the confidence they wish they had.
Instead of developing it themselves, they attack it in you.
Envy rarely introduces itself by name. It usually arrives wearing the mask of criticism.

DON'T PLAY THEIR GAME

You don't have to defend your confidence every time someone misunderstands it.
Stay humble. Stay teachable. But never make yourself smaller just to make insecure people feel bigger.

FINAL THOUGHT

Not everyone who challenges you is insecure. Some criticism comes from people who genuinely want you to grow.
The difference is simple: healthy people correct you to help you improve.
Insecure people criticize you to make themselves feel superior.
DEEP QUESTION FOR YOU:
Have you ever realized someone wasn't trying to make you better... they were trying to make you smaller?

Secrets That Increase Respect (Instantly)

Respect isn't something people hand you because you're nice.
It's a silent vote they cast after watching how you carry yourself.
Funny enough, the people who chase respect the hardest usually push it the farthest away.
1. SPEAK LESS THAN YOU KNOW
You don't have to prove you're intelligent every five minutes. Let people underestimate you if they want.
The man who speaks only when he has something worth saying leaves a stronger impression than the one filling every silence with noise.
2. KEEP YOUR WORD... ESPECIALLY WHEN IT COSTS YOU

Anyone can make promises when they're convenient. Character shows up when keeping your word becomes uncomfortable.

Every promise you keep deposits trust into your reputation. Every broken one quietly withdraws it.

3. STOP EXPLAINING EVERY DECISION

Look, not everyone deserves access to your reasoning. Constantly defending your choices tells people you're asking for permission instead of making decisions.

A brief explanation is enough. The rest belongs to your results.

4. STAY CALM WHEN OTHERS LOSE CONTROL

Anger spreads like fire. So does composure. When everyone else is reacting emotionally and you're still thinking clearly, people begin looking at you differently.

Emotional stability is one of the rarest forms of quiet authority.

5. SET BOUNDARIES WITHOUT MAKING A SPEECH

You don't need a dramatic announcement to protect your peace. Say no. Mean it. Move on.

Every boundary you quietly enforce teaches people how to treat you without saying another word.

6. MAKE YOUR ACTIONS LOUDER THAN YOUR AMBITIONS

Everybody has plans. Everybody has dreams. But respect doesn't grow from announcements, it grows from evidence.

Stop telling people what you're about to become. Let them discover it by watching your consistency.

7. DON'T CHASE EVERY ARGUMENT

Here's the thing: not every invitation deserves your attendance. Some people argue to understand.
Others argue to win. Knowing the difference, and walking away when necessary, shows more confidence than having the last word ever could.

8. TREAT EVERYONE WITH THE SAME DECENCY

The waiter. The cleaner. The security guard. Your boss. Your closest friend.
Respect isn't measured by how you treat powerful people.
It's exposed by how you treat people who can't offer you anything in return.

9. NEVER LOOK DESPERATE FOR APPROVAL

People can sense desperation the way sharks sense blood. The more you need validation, the less convincing you become.
Ironically, respect often arrives the moment you stop performing for it and start living by your own standards.

10. WALK AWAY WHEN YOUR VALUE ISN'T RECOGNIZED

Not every room deserves your presence. Sometimes the strongest statement isn't another conversation, it's your absence.
Staying where you're constantly tolerated slowly teaches people that you'll accept almost anything.

RESPECT IS BUILT IN THE SMALL MOMENTS

Most people think respect comes from one heroic act.
It doesn't.
It grows through ordinary moments repeated consistently.

- Speak with intention.

- Follow through on your commitments.
- Stay emotionally steady under pressure.
- Protect your standards without becoming arrogant.
- Let your character introduce you before your words do.

THE REPUTATION YOU BUILD IN SILENCE

People don't decide whether they respect you after one conversation.

They decide after dozens of tiny observations you never notice.

Your patience. Your consistency. Your self-control. Your standards.

Those quiet moments become your reputation long before your achievements ever do.

So let me ask you this: What's the fastest way someone can lose your respect, one lie, one act of betrayal, or something else entirely?

Toxic Habits that Destroy Confidence

1. Trying to please a woman

2. Not standing up for yourself.

The more you let people get away with treating you like trash, the more you signal to your subconscious that you are trash.

But when you stand up for yourself, you signal to your subconscious that you are a King, a man worthy of respect thereby making you more confident.

3. You want to be a perfect dude:

When you try to be perfect, you kill your authentic self. Hence making you feel less confident.

To get rid of this bad habit of trying to be perfect:

You have to understand that It's impossible for you to be a being without flaws.

Even the celebrities you so much admire have flaws. They aren't perfect. But they choose to be confident in spite of their flaws.

4. Not setting clear goals for yourself.

If you aren't setting or achieving the goals you set out for yourself, it would be hard for you to be more confident.

Write down your goals.

Face them one after the other.

Finish one before you move to another. Don't multitask.

Reward yourself after each goal is completed.

Repeat.

5. Overthinking.

Stop dwelling on past events and stop worrying about the future.

Be in the present to unleash your confident self.

6. Neglecting your appearance.

When you don't take good care of how you look, you won't feel confident.

This is why you must improve your appearance by.

going to the gym

• getting a new haircut

• having a skin care routine

• investing your money on quality clothes and shoes.

7. Caring about external validation.

To become more confident, you need to stop giving a shit about what people think of you.

To get rid of this bad habit:

First, you need to understand that people will always talk regardless of what you do. It's normal. It's human nature.

So don't let their words dictate your self-worth.

Second, place more value on your opinion more than the opinions of others.

8. Negative self-talk.

What you need to do to get rid of negative self-talk is to start being conscious of what you say to yourself.

And turn those negative thoughts to positive ones.

9. Breaking promises you make to yourself.

When you fail to fulfill the promises you make to yourself, you start to doubt yourself and your potential hence destroying your self-confidence.

10. Living in your comfort zone.

If you don't try new things, it would be hard for your confidence to grow.

You need to put yourself out there A LOT. The more you do this, the more confident you become.

11. Comparing yourself to others:

This is the most common way people destroy their own confidence.

They constantly compare themselves to others whilst forgetting the fact that they are different from one another.

12. You are from a different country, with a different background.

Your life isn't the same. You don't have certain privileges that others have.

Which is why, to compare yourself to others is nothing but self-harm. You are simply destroying your confidence.

Truths That Will Make Strong Person...

1. As a man, don't go in relationship while you're broke & in terrible shape, and when your life is chaotic. Fix your financial life first. The world is cruel for a broke man.

2. Nobody watches you harder than people who doubted you.

Give them a good show.

3. I read a quote that said:

"The faster you do the hard things you avoid, the faster you will receive the good things you actually want

and that has changed my whole perspective.

4. The best math you can learn is how to calculate the future cost of your current decisions. Read that again.

5. There are people less qualified than you doing the things you want to do, simply because they decide to believe in themselves. Period.

6. Your network is your net worth. LISTEN: Networking can get you in doors degrees cannot.

7. Find multiple ways of income streams. Hell, we're living in digital world. If your salary is your only source of income, you are one step away from poverty.

8. Inaction breeds doubt and fear. 20 min of doing something is more valuable than 20 hours of thinking doing something. Speed > perfection.

9. Protect what belongs to you at all costs. The family you create is more important than the family you come from.

10. Don't let your food get cold watching someone else's plate. Focus. You're breaking a generational curse.

11. Keep building.

Build your body.

Build your social skills.

Build your self esteem.

Build your bank account.

12. The cost of growth is pain. You can't win in life if you're losing in your mind. Prioritize your mindset.

If You Are Between 23 - 28, Learn These

1. Learn to Manage Money

No matter how much you earn, build the habit of saving, investing, and living below your means. Financial discipline creates freedom.

2. Prioritize Your Health

Your body can recover quickly now, but the habits you build today determine how you'll feel in your thirties and beyond. Exercise regularly, eat well, and get enough sleep.

3. Build Valuable Skills

Degrees may open doors, but practical skills keep them open. Improve your communication, problem-solving, digital literacy, and emotional intelligence.

4. Don't Compare Your Timeline

Everyone moves at a different pace. Someone else's success doesn't mean you're behind. Focus on consistent progress rather than constant comparison.

5. Learn to Say No

Protect your time, energy, and mental peace. You don't have to attend every event, accept every opportunity, or please everyone.

6. Invest in Relationships

Stay connected with family, nurture genuine friendships, and choose partners who support your growth. Healthy relationships are one of life's greatest assets.

7. Read More Than You Scroll

Books, podcasts, and thoughtful conversations often teach lessons that endless social media scrolling never will. Feed your mind with ideas that help you grow.

8. Accept Failure as Part of Growth

Mistakes are not signs that you've failed—they're part of learning. Every setback teaches something if you're willing to pay attention.

9. Take Calculated Risks

Apply for the job, start the business, move to a new city, or learn the skill. The biggest regrets often come from opportunities never taken.

10. Value Time More Than Comfort

Time is your most valuable resource. Spend it intentionally on people, work, and experiences that align with the life you want to build.

How Wishes Come True?

)Carl Jung's Method For Making Wishes Come True.)

1. Discover What You Really Want

Jung believed that many of our desires are shaped by social expectations, family pressures, and the image we try to present to the world—what he called the persona. Because of this, our conscious wishes may not reflect our deepest needs.

Ask yourself:

Is this desire genuinely mine?

Am I chasing approval or fulfillment?

What need lies beneath this wish?

Clarity is the first step toward meaningful change.

2. Listen to the Unconscious

According to Jung, dreams, symbols, imagination, and recurring patterns reveal messages from the unconscious. These hidden parts of the mind often know more about our inner conflicts than our conscious thoughts do.

Keep a dream journal, reflect on recurring themes in your life, or spend time in quiet contemplation. These practices can uncover obstacles and motivations you may not have recognized.

3. Face Your Shadow

The "shadow" is one of Jung's best-known concepts. It represents the parts of ourselves we reject, deny, or hide. Ironically, these hidden aspects often block our goals. Fear of failure, fear of success, self-doubt, envy, or unresolved anger can quietly sabotage our efforts.

Rather than ignoring these qualities, Jung encouraged acknowledging and integrating them. Growth begins when we stop fighting parts of ourselves and start understanding them.

4. Align Your Actions with Your Inner Self

A wish without action remains only an idea.

Once you've gained clarity about what you truly want, take consistent steps toward it. Jung believed that psychological wholeness emerges when our actions reflect our authentic values rather than external expectations.

Small, intentional actions repeated over time are often more powerful than dramatic bursts of motivation.

5. Trust the Process of Individuation

Jung called the journey toward becoming your authentic self-individuation. It is the lifelong process of integrating

different aspects of your personality into a more complete and balanced whole.

Sometimes, what we think we want changes as we grow. Jung would likely argue that the greatest fulfillment comes not from forcing life to match our wishes, but from becoming the person we are meant to be.

A Balanced Perspective

It's important to understand that Carl Jung did not claim there was a supernatural technique for making wishes come true. His psychology emphasizes self-awareness, personal growth, and the influence of the unconscious on our choices and behavior.

From a Jungian perspective, "making wishes come true" means becoming conscious of your deepest motivations, resolving inner conflicts, and taking purposeful action that aligns with your authentic self. As your inner world changes, your ability to create meaningful changes in your outer world often improves as well.

Perhaps the most powerful lesson Jung offers is this: your future is shaped not only by what you wish for, but by how deeply you understand yourself.

Things Should Never Do - In Front Of Others

1. Never Complain Constantly About Your Life

Sharing struggles is normal, but constant complaints can change how people see you. Some may sympathize with you at first, but others may later discuss your problems

behind your back. Seek support from trusted people, not from everyone around you.

2. Never Argue with Loved Ones in Public

Disagreements happen in every relationship, but public arguments often leave lasting impressions. Strangers may forget your name, but they rarely forget uncomfortable scenes they witness. Handle conflicts privately whenever possible.

3. Never Brag About Your Children

Being proud of your children is natural, but excessive boasting can create resentment or jealousy. Celebrate their achievements with humility and gratitude rather than constant comparison.

4. Never Display Who Has Power Over You

Avoid openly highlighting the people you depend on or who hold influence over you. Revealing too much about your vulnerabilities can encourage others to use that information to their advantage.

5. Never Count or Flaunt Your Money

Financial success is best demonstrated through wisdom, not display. Showing off wealth or constantly talking about money can attract envy, unwanted attention, and unnecessary competition.

6. Never Speak Badly About Others

Negative words have a way of finding their way back to the people they're about. Gossip may create temporary attention, but it often damages trust and credibility in the long run.

7. Never Let Strangers Get Too Close Too Quickly

Not everyone who enters your life has good intentions. Be kind and respectful, but take time to build trust.

Protect your personal information, boundaries, and peace of mind.

Japanese Philosophies to Master Your Life

1. Ikigai (生き甲斐) — Your Reason for Being

Ikigai is the intersection of what you love, what you're good at, what the world needs, and what can support your livelihood. It reminds us that happiness isn't found

in a single achievement but in living with purpose every day.
Lesson: Don't chase success alone—discover work and activities that give your life meaning.

2. Kaizen (改善) — Continuous Improvement
Rather than waiting for dramatic breakthroughs, Kaizen focuses on making small, consistent improvements over time. Tiny daily actions eventually create remarkable results.
Lesson: Improve by just 1% every day. Consistency beats intensity.
3. Wabi-Sabi (侘寂) — Beauty in Imperfection
Wabi-Sabi teaches us to embrace imperfections, simplicity, and the natural cycle of growth and aging. Nothing is perfect, and that's what makes life beautiful.

Lesson: Stop striving for perfection. Progress and authenticity matter more.

4. Shikata ga Nai (仕方がない) — Accept What You Cannot Change
Some situations are beyond our control. Shikata ga Nai encourages acceptance instead of resistance, allowing us to focus our energy on what we can influence.
Lesson: Let go of what you can't control and move forward with clarity.
5. Oubaitori (桜梅桃李) — Don't Compare Yourself to Others

Cherry blossoms, plum blossoms, peaches, and apricots all bloom in their own season. Likewise, every person has a unique journey and timeline.
Lesson: Your path doesn't have to look like anyone else's. Grow at your own pace.

6. Gaman (我慢) — Endure with Dignity

Gaman is the practice of remaining patient, composed, and resilient during difficult times. It doesn't mean ignoring your emotions—it means facing challenges with strength and perseverance.

Lesson: Tough seasons don't last forever. Character is built through resilience.

7. Shinrin-yoku (森林浴) — Forest Bathing

This practice encourages spending mindful time in nature to reduce stress and restore mental well-being. It's not about exercise—it's about being fully present in the natural world.

Lesson: Sometimes the best therapy is a quiet walk among trees.

8. Ichigo Ichie (一期一会) — Treasure Every Moment

Literally meaning "one time, one meeting," Ichigo Ichie reminds us that every encounter is unique and will never happen in exactly the same way again.
Whether it's a conversation, a family dinner, or a sunset, every moment deserves our full attention.

How To Be Always Happy In Life?

1. Everyone has problems. You are not alone.

2. Everyone faces tough times. Only people who aren't alive don't have challenges.

3. Every problem can be fixed. There are ways to feel better.

4. How you think about yourself affects your happiness. Believe you are special and important. Don't let negative thoughts win.

5. Don't stress about what others say. Some people say mean things to hurt you.

6. Spend time with positive people who make you happy. Avoid those who laugh at you or your struggles.

7. Use your free time to enjoy hobbies like sports, games, movies, or browsing online.

8. Don't let money or fancy things scare you. Someone who is poor today can be rich tomorrow. Change happens all the time.

9. No matter how tough it gets, don't give up. While you're alive, there is hope.

10. Pray often. Praying a lot can help bring good things to you faster.

11. Be brave and chase what you want. Life is about taking risks. If you don't take chances, you won't get what you really want. Stay true to yourself. Nobody can do what you do better than you. You're awesome! So just be yourself. Have a great life!

How To Know If The Love Is Real

When someone loves you, you know and you will feel it. There will be evidences to attest to it.
Below are some of the evidences...

✓ ATTENTION

When someone loves you, he or she will give you attention. We give attention to the things that we love.

✓ CARE

When someone loves you, they will care about your well-being. Anyone that doesn't care about your welfare does not love you.

✓ COMMUNICATION

When someone loves you, they will communicate often with you as much as possible. Hearing the voice of whom you love is a delight.

✓ GIVING

The natural outflow of love is giving. When someone loves you, they will give. It doesn't necessarily has to be money but there will be giving.

✓ SPENDING TIME TOGETHER

When someone loves you, they will desire and long to spend time with you. When you love someone, you will

desire the presence of the person. Anyone that doesn't like spending time with you, may not love you.

✓ **SACRIFICE**

The ultimate prove of love is sacrifice. Love is not self-seeking. Love always spends itself at the expense of the beloved. Someone that is not going out of his way once in a while to make you feel good, may not love you. Love is sacrificial.

✓ **PATIENCE**

When someone loves you, they will patient with you. They will be patient with in your weaknesses, down time, etc.

✓ **PROTECTION**

When someone loves you, they will try to protect you from harm, they will ensure that you are safe.

✓ **KINDNESS**

When someone loves you, they will be kind to you. Love is kind. Harshness is a sign of hatred, resentment or anger not a sign of love.

✓ **VULNERABILITY**

When someone loves you, they will vulnerable to you. They will loose their guard, put down their defence, they will dismantle the barricade and they will show you the weak side of them hoping you don't hurt them.

✓ **SUPPORT**

When someone loves you, they will support you in whatever capacity they can. They will support your dreams

Reality of the World by Steve Jobs

A billionaire died at age 56 from pancreatic cancer. His last words give us pause for thought:

"In the end, money is just a part of life I'd grown accustomed to. But now, lying in bed with this illness and looking back, I realize that all the fame and wealth I accumulated means nothing in the face of death."

Take care of yourself. Treat others with respect.

The older we get, the more we realize that a $30 watch and a $300 watch tell the same time. A $30 wallet and a $300 wallet hold the same amount of money.

Whether we drive a $150,000 car or a $30,000 car, the road is the same and we arrive at the same place. Whether we live in a 300-square-meter house or a 3,000-square-meter house, we are equally alone.

True happiness comes from within, not from things.

Whether you fly first class or economy, and the plane crashes, you fall either way.

So… remember this: when you have friends or someone to talk to, that is true happiness.”

Five truths to remember:

Don't teach your children to chase money. Teach them to seek happiness. Then they will understand the value of things, not their price.

Eat your food as if it were medicine, or one day you will have to eat medicine as if it were food.

People who truly love you won't abandon you, even if they have every reason to. They'll always find a reason to stay.

There is a big difference between being human and being kind.

If you want to go fast, go alone. But if you want to go far, go together.

Tricks That Make You Confident

1. Slow Down Your Movements

• Moving quickly can signal nervousness.

• A slower pace conveys control and confidence.

2. Maintain Eye Contact (2–3 seconds)

• Avoiding eye contact sends a weak message.

• Engaging with gaze projects authority.

3. Speak at a Measured Pace

• Speaking too fast can come off as insecure.

• Taking your time conveys calmness and confidence.

4. Use Silence Wisely

• Resist the urge to fill every pause.

• Silence can be a sign of power.

5. Improve Your Posture

• Slouching indicates a lack of confidence.

• Sitting or standing tall establishes a strong presence.

6. Occupy Your Space

• Don’t minimize yourself.

• Open body language communicates dominance.

7. Assume Others Are Fond of You

• Your mindset shapes your reality.

• Expect to be treated with respect, and you will receive it.

8. Elevate Your Attire Just a Notch

• Your appearance can impact your self-perception.

• When you look good, you feel more confident.

Facts About Human Behavior

1.People trust consistency more than words.

2.Silence creates mystery.

3.Over-sharing can reduce respect.

4.Confidence attracts attention.

5.People often mirror your energy.

6.Saying less can make you look smarter.

7.Attention is a form of control.

8.Walking away can build value.

9.Emotions influence decisions more than logic.

What Happen, When You Get Older?

When you get older, life doesn't change, but your perspective does.

It doesn't get easier or simpler, it is what it is, like it has always been.

The only thing that changes is how you choose to see it, and as you get older and have more experiences, you

realize that it never was about getting somewhere, becoming somebody or achieving something…

You understand that life is all about living it. Making the most of whatever life brings you.

Feeling all the emotions fully, no matter how pleasant or unpleasant.

Having relationships, no matter how easy or challenging.

Accepting every circumstance that comes in your way, because it was meant to be there to help you expand your consciousness while you're here.

Do not overthink it or over complicate it.

Just try to be more self-aware and make more conscious choices, so that you don't live on autopilot and do not miss it all in the way.

Life changes when you change the way you look at it. At the end of the day, you are the only one creating your own experience.

Absolute Trust

Trust so much in yourself that no matter what you decide to do, even if it sounds crazy for others, you do it with the absolute certainty that it is the true expression of who you are.

Trust so much in Life that no matter what happens, you surrender to the natural unfolding of events because you know it's the right thing for you.

The key to a life fully lived is trust.

Absolute and unconditional trust that everything is always supporting your journey and purpose.

You decided to come here, you chose your own journey together with its challenges, relationships and lessons.

You, the Soul, the Spirit, the Essence.

You, the Universe expressing itself through your own unique experience.

Don't ever forget who you truly are and never doubt that you're always loved, cared for and sustained by the whole, which you are a part of.

Why would you doubt, when you set it all up for yourself to have the best adventure there is?

Why would you be afraid, when the creator of Universe has your back?

Just Live.

10 Social Skills You Must Master

1.The Art Of Speaking

There is an art to speaking. Don't just spit anything that comes to mind. The beauty of words is that you have a plethora of options to choose from depending on how you want to be perceived.

Two people can say the same thing & one will be perceived differently from the other.

Depending on the tone, the choice of words, and the pauses in-between, you can make people accept something they would otherwise have perceived as offensive had you chosen to do it differently.

How to get better at speaking?

Learn more words, and pay attention to the tone of your voice. Do you appear nervous when you speak? Do you appear arrogant? Choose whichever you think is necessary for the occasion and apply accordingly.

2. The Art Of Listening

There are three types of listening: active listening, passive listening, and sub-conscious listening. Active listeners nod their heads when their interaction partner says something that catches their attention.

Passive listeners just watch & say nothing, no facial expressions or movements that could be interpreted as being a result of what the other person said.

Subconscious listening is what happens when you aren't paying attention to something, but the vibrations get into your ears.

Use active listening to show your interaction partner you're interested in what they are saying and that you value their input. Use passive listening to dominate them and assert your position as superior.

Listening actively does not make you less superior, but it will make your partner comfortable, so if you want to unsettle them, you know what to do.

3. The Art Of Questioning

Not every question needs to be asked. When you ask a question, make it open ended. Asking yes/no questions should be for utility. Are you going to be at xyz place tomorrow? Information that you will use to make a decision on something.

If you're trying to enjoy a conversation, yes/no questions will only make it boring and straightforward and not enhance the quality of your interactions.

4. Giving Input/Suggestions

Don't advise people who didn't ask for your advice. If they don't specifically ask you, keep it to yourself. Nobody cares. If they are your brother then by all means shove it down their throats, they don't have a choice.

But I don't need to tell you how to speak with your brothers now, do I?

If they do ask for your advice, keep it brief and straight to the point. Don't elaborate.

5 Assertiveness

Assert yourself. Stand by your words even if you're wrong. If you hold an opinion on something, stick by it until given a tangible reason why that opinion is shit.

Don't just change your mind the moment someone shows displeasure at your opinions or words.

Nobody will take you seriously if you don't take yourself seriously. A person scared of airing their opinions certainly does not take themselves seriously.

6 Body Language

Your body language must be powerful.

Stand like a King, walk like one. A king does not rest his weight on one foot when he stands, he stands ready to fight, with all his glory and might radiating through him like the sun.

His head is never bowed down; it goes up to keep his crown from falling. His hands aren't behind him or folded nervously. He does not sit with his legs closed like he's minimizing the space he occupies. He takes as much space as possible and is comfortable in his own skin.

7 In-Group Interactions

Don't interrupt people when they are speaking, and if someone interrupts you while you're speaking, call them out quickly. Don't let people get away with shit. If they apologize quickly, then let it go.

If someone interrupts you while you're saying something, keep quiet and don't continue. Even after everything is good, don't bring up what you were saying. That's it, it's gone, whatever you were going to say, it's gone.

8 Ending Conversations

If you do not want your time to be wasted perpetually, you must learn to end conversations. Most people always like to get the last word in, let them. They will ruminate on what they said after the conversation.

Dark Charisma Is Powerfull Influencer

1.Keep mystery alive – Only explain yourself if someone asks twice. Intrigue is magnetic.

2.Dress one step above the room – Your style should speak before you even say a word.

3.Laugh on your own terms – It signals independence and self-possession.

4.Move deliberately in chaos – Calmness is quietly intimidating when others are rushing.

5.Notice what others overlook – Genuine compliments show you truly see people.

6.Disagree without emotion – Conviction without anger is unshakable and commanding.

7.Engage individually – Direct, one-on-one attention is far more magnetic than performing for a crowd.

8.Embrace silence – Those who fear quiet lose influence; you gain power by staying composed.

9.Don't over-explain humor – Confident jokes don't need validation to land.

10. Leave at your peak – Exit before the energy dips, leaving people wanting more of your presence.

Mistakes That Make You Seem Boring

1. Energy Ducking -When You Come Into A Conversation With Low Enthusiasm To Avoid Standing Out.

When you avoid standing out you put a negative impression

Remember everyone wants to have fun conversations but they don't know how.
Be the first one to initiate playfulness. People will love you for this.

2. Assuming Interest - Have You Ever Been Talking To Someone Who Launched Into A Long Story Which You Didn't Care About.

It's the type of thing that can have people excusing themselves,
to the bathroom just to escape
The key to avoiding that mistake is to create interest before launching your story.
Start your story with a story gap
A story gap is when you build interest in a story by hinting at how it ends without spoiling the punchline.

3. Stop Giving One To Five Word Answers

Short answers put the conversation pressure on the other person.
Now they have to carry the conversation,
or else let it fall into awkward silence.
So instead, share enough to make conversation easy for the other person.
Well than create space for them to speak as well.

4. Don't Ask The Same Default Boring Questions

Instead ask something that the other person will be excited to answer.
Ask questions which makes them talking without getting bored,

or if you meeting someone new ask them fun hypothetical questions.

5. Being A Passive Listener, Being Too Passive Will Be Boring For The Other Person.
Instead, mirroring by repeating a pattern of behavior of the person you're talking to.
Will make you more likable.
Listening to laugh,
it makes the other person feel like speaking more.
As you are validating them by laughing.
And it makes a playful vibe.
Everyone likes to feel smart and funny and if you are able to do so.
They will love spending their time with you.

Truths About Mind

1.Putting Things Off
Fear of not succeeding
2.Seeking Approval
Low self-esteem
3.Overanalyzing
Desire for control
4.Chasing Perfection
Fear of being judged
5.Self-Doubt
Lingering shame
6.Difficulty Deciding
Fear of making the wrong choice
7. Feeling Burned Out

Neglected personal limits

8.Holding Grudges

Unexpressed needs

9. Worry

Bottled-up emotions

10. Feeling Numb

Emotional overload

11.Frequent Irritation

Unfulfilled needs

12.Feeling Alone

Fear of being vulnerable

13.Skepticism

Past pain

14. Feeling Indifferent

Decreased sense of purpose

Important Principles For Living Life

1. Do not become dependent on any person.
2. No one is going to stay with you forever.
3. The person who is your friend today might become your enemy tomorrow.
4. Your secrets are like bullets; if you give them to others, one day they will load those bullets into a gun and shoot you with them.
5. There are only three things you can always rely on and they will never disappoint you: your pocket, your health, and above all, your God.
6. Always keep your needs hidden from others.
7. Not everyone who talks to you with a smile loves you.

8. Not everyone who calls you "dear, beloved, or cherished" truly loves you (TV anchors call us "dear audience" daily, but they neither know us nor love us).
9. Take care of yourself; make your mind and heart the source of your happiness, and you will never regret it.
10. Be a little crazy and enjoy life, because wise people die early.
11. Pursue your small hobbies and passions, even if they seem insignificant to others.
12. Never seek support from anyone for yourself.
13. If you are kind and compassionate to others, never assume the world will treat you kindly in return.
14. One day, you will realize that you worried more than necessary, and that God had arranged everything for you in the best way, giving you things you never even hoped or wished for.

Life Lessons That Learn the Hard Way

1. Things often work out when you least expect them. Life has a way of surprising us when we are not looking for it.
2. Ego is not always bad. It can give energy and drive, but it should stay as a tool, not as the master.
3. There will always be someone better than you at something. Accept it and learn from them to grow.
4. Betrayal usually comes from close friends, not from enemies.

5. The hardest part of any journey is the beginning. Even a rocket spends most of its fuel just to take off.
6. A moment of patience in anger can save you from hours of regret.
7. Success often feels like a lonely road.
8. Life requires learning to accept loss and making compromises.
9. Putting things off until tomorrow is a weakness that keeps you stuck.
10. Not every day will be good, but you can meet a bad day with a good attitude.
11. Do not compare yourself to others. No one can play your role better than you.
12. No work is beneath you. The only thing beneath you should be your pride.
13. Work hard in silence. Show your value through action, not by criticizing.
14. No matter how much effort you give, you cannot have everything. At some point, everyone settles in some part of life.
15. Owning your truth may be hard, but running from it forever is harder.
16. Secrets spread faster than we think. Many people tell what you trusted them with.
17. True growth comes when you realize you are not your thoughts. You are the one listening to them.
18. Most people want to hear only the good. Sharing struggles is harder because few can handle it.

19. The walls you build to keep pain out also keep feelings trapped inside.
20. Sometimes you see someone for the last time without knowing it.

In short: Life is filled with lessons that are not always comfortable, but they make us wiser, calmer, and more real.

How To Be Always Happy In Life?

1. Everyone has problems. You are not alone.

2. Everyone faces tough times. Only people who aren't alive don't have challenges.

3. Every problem can be fixed. There are ways to feel better.

4. How you think about yourself affects your happiness. Believe you are special and important. Don't let negative thoughts win.

5. Don't stress about what others say. Some people say mean things to hurt you.

6. Spend time with positive people who make you happy. Avoid those who laugh at you or your struggles.

7. Use your free time to enjoy hobbies like sports, games, movies, or browsing online.

8. Don’t let money or fancy things scare you. Someone who is poor today can be rich tomorrow. Change happens all the time.

9. No matter how tough it gets, don’t give up. While you’re alive, there is hope.

10. Pray often. Praying a lot can help bring good things to you faster.

11. Be brave and chase what you want. Life is about taking risks. If you don’t take chances, you won’t get what you really want. Stay true to yourself. Nobody can do what you do better than you. You’re awesome! So just be yourself. Have a great life!

15 Red Flags Of Manipulative People

01. Showers you with love, praise, and attention

02. Displays excessive affection on the public platform

03. Favoritizes you as their soul mate

04. Devalues you through comparisons with others

05. Withholds attention to trample your self-esteem

06. Lies and excuses galore

07. Bilittles you, insults you with a condescending attitude

08. Uses social media to evoke jealousy and insecurity

09. You are slowly turning into a detective

10. Constantly makes you question your value in their life

11. You are the only one who is able to see through their farce

12. Never empathizes with you

13. Points out your mistakes while ignoring their own

14. Gaslights you

15. Make you feel like your relationship is a tightrope walk

Psychology Facts Smart People Hide From Others

1. Observant individuals often keep their insights to themselves. They attentively pick up on shifts in tone, body language, and behavioral patterns before expressing their thoughts.

2. Those with high intelligence typically refrain from disclosing their plans too early. They understand that maintaining silence can shield their ideas from criticism and unwanted disruptions.

3. Even the most confident thinkers experience moments of self-doubt. Deep thinkers frequently reflect on their thoughts, analyzing every potential outcome.

4. Intelligent individuals may act as if they aren't fully knowledgeable. They recognize that showing humility can foster stronger connections than merely demonstrating their expertise.

5. Cautious individuals often conceal their selectiveness in whom they trust. They may exhibit a friendly demeanor, but they take the time to evaluate consistency before allowing others into their circle.

6. Emotionally astute people often mask their control over feelings. While others may react impulsively, they choose to remain composed, process their emotions privately, and respond thoughtfully.

Becoming

Today I read something that hit me hard:

"Becoming is just a story that makes waiting feel productive"

When they tell you "you can become the best version of yourself by buying this product, or eating that food, or doing this and that…", they are only trying to reinforce the idea that you're not enough, incomplete, broken.

And if you believe that story… If you believe you're missing something and start chasing whatever bullshit goal they make you buy into so that in some future you can finally feel it's ok to be you, you completely forgot your essence and lost the present moment.

You lost yourself. Your true self.

There is nothing coming…

There is nowhere to get to, nobody to become, nothing to achieve.

You are whole now. Enough, complete.

You are everything you have been looking for or will ever look for, so what are you chasing?

Just be.

Every single moment gives you the opportunity to just be, without any other agenda or expectation.

The lie is that you need to improve the avatar, the physical character you're using in this lifetime.

The lie is that there's something to fix or heal in you.

Your true nature is that of an eternal soul, a divine being, a spark or the Universe's light, pure Love, Peace and Possibility.

How can you be missing something?

You're here experiencing contrast to expand your consciousness.

If you buy the ilussion of the material world, you'll believe that's who you are, and then you'll buy into the lie that you have to chase and improved you, a "better version of yourself".

The ego is very noisy and stubborn, it will try to make you feel there's always something to chase, since it needs time to exist. It will use your past experiences, your fears and insecurities to make you believe you have to be better.

But stop. Better than who?

There are not better versions of yourself, there's only who you are now.

When you're present, there's nothing to improve, everything is perfect as is and you are perfect as you are.

Don't let anyone make you believe you're a work in progress, when you're actually already a masterpiece.

———

If you read this and you still believe you're not enough, ask yourself where that belief is coming.

When did you start believing you were not enough or incomplete?

Look deep inside of you and find that moment. What comes up?

Who or what convinced you of that lie?

Challenge it. Right now, being present with who you truly are, without letting the ego intrude.

The moment you see the lie, you can realize that the actual universal undeniable truth is that you're actually enough, whole, complete, perfect.

Feel that.

How does it feel to remember that who you are is enough?

Embody that feeling. Let it fill you up with the most beautiful and intense light.

What becomes available now for you?

How are you going to show up now knowing that there's nothing to improve, fix or heal?

Just live, fully.

What changed your perspective on life?

"Until you make the unconscious conscious it will direct your life and you will call it fate". **—Carl Jung.**

We make thousands of choices every day, we feel a wide array of emotions, we engage on lots of relationships with people we know and also with strangers.

And we believe that we do all that in a conscious manner, when in fact it is our subconscious mind that's driving our words, feelings and actions 95% of the time.

We are walking narratives.

The story we constantly repeat in our minds about who we are and what our place in the world is constitutes the foundation of how we behave, and it's completely automated.

I didn't know that until some years ago and it's actually very shocking to realize that you haven't been yourself, but a character shaped up by your childhood traumas, past experiences, fears, insecurities, acquired beliefs and expectations.

Now, at least I know that there's a programming going on in the background of everyone's mind that is always conditioning us to do what's familiar, to not take risks, to try and control every outcome, to please others so that we can feel good with ourselves…

There's an endless list of behaviors that can fit in there, depending on what your own unique and personal experiences have been along the years, and until you don't go deep inside of you and look at them directly, face to face, you won't be able to live your life fully.

Self-awareness is key in that process of making the unconscious conscious.

It takes a lot of inner work and also self-love and compassion towards yourself, since you've always done what you could with what you had, so there's no guilt or shame about what you did or what happend in the past.

"What happened, happened, and it couldn't have happened any other way, because it didn't". **—Peter Crone.**

But now that I know how it works, I've got the responsibility to myself to actually start being my true authentic self by challenging those automated behaviors and turning them into conscious choices.

And I'm doing that by trying to listen more to my body and let myself feel my emotions, instead of rationalizing stuff too much, since most of the times our behaviors are led by hidden motives we are not even aware of that come from emotions we pushed down a long time ago and the moment you allow them to resurface with compassion, you can understand them, let them go, so that they can't control your life anymore.

I hope this helps.

Did You Play Today?

"This is the real secret of life — to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play." **—Alan Watts.**

We are eternal souls playing the human game.

When we're kids, we are still deeply in touch with our true essence and everything is play for us.

Then, we grow up, "adulting" gets in the way, and it all turns into responsibility and having to be productive all the time or else we feel we're wasting our time.

Lately I've been meaning to play more, since I feel my inner child is screaming and begging me to let him go out and play again freely like he used to do back then.

But I've found that after all these years, I forgot how it was like to just play for the fun of it and it's being hard to do it.

I'm committed to use my summer holidays to find what makes that kid happy, since "we do not stop playing because we grow old, we grow old because we stop playing". I don't know who said it but it hits home every time I read it.

I guess for me it's always been music and sports. Dancing, playing drums and any ball sport have always made me happy.

How about you?

Has your inner child had a moment of play today?

What is your game of choice?

Let's make the comment section a display of all the games and activities that we love and make we feel like that child again so that people who are trying to get that illusion of playing back can have some inspiration for their own inner child.

Enjoy the ride

Drucker Quotes To Accelerate Career

1. "The bottleneck is always at the top of the bottle."

• The top of a firm is frequently where the most limitations exist.

• Looking in the mirror is the first thing to do when something isn't going as planned.

2. "There is nothing so useless as doing efficiently that which should not be done at all."

• Verify that your projects and tasks are contributing to your objectives. Anything that isn't should be cut.

3. "The most important thing in communication is hearing what isn't said."

• To be sure you comprehend, engage in "active listening."

• Be very aware of nonverbal clues.

4. "What gets measured gets improved."

• Determine the most important metrics for your company.

• Keep tabs on them and publicly score them.

5. "The problem is not the absence of knowing what to do, but the absence of doing it."

• Since knowledge can be obtained in a matter of seconds, it is no longer power.

• Acting is where true power is found.

6. "Management is doing appropriately.

Being a leader means doing the right thing.

• Recognize when you must be a manager, effectively managing the daily operations versus...

• Developing a vision and motivating others to realize it when you need to be a leader.

7. "If you have more than five goals, you have none."

• It is impossible to accomplish any of your goals if you are overly focused on them. To determine which of your goals are most important to your achievement, rank them.

10 Things Most People Learn Too Late

1. People often think highly of things that they have to lose.

2. Being way too comfortable can actually be more dangerous to a relationship than a bit of honest conversation.

3. Sometimes a few silent moments can bring the best understanding of all.

4. The people making the biggest noise tend to be those with the weakest real backbone.

5. People change not because they love, but because they have power.

6. In a relationship, the one who cares the least often has all the control.

7. Being too generous might get you treated lightly.

8. The most valuable thing nowadays is not money but attention.

9. If you just do the same things, you won't really grow.

10. Generally speaking, people aren't sad because of you, but because they lost what was special about your presence.

How to Increase Your AURA

1. Build Quiet Confidence

Confidence doesn't mean acting like you're better than everyone else. It means trusting yourself without constantly seeking validation. Keep your promises to yourself, learn from mistakes, and let your actions speak louder than your words.

2. Master Your Body Language

People often notice your posture before they hear your voice. Stand tall, maintain natural eye contact, smile when appropriate, and avoid nervous fidgeting. Calm, open body language creates a strong first impression.

3. Speak with Purpose

You don't have to say a lot to make an impact. Speak clearly, avoid rushing your words, and listen more than you talk. Thoughtful communication often carries more weight than constant conversation.

4. Take Care of Your Appearance

Looking good isn't about expensive clothes—it's about showing that you respect yourself. Wear clean, well-fitting clothes, practice good hygiene, and choose a style that reflects your personality.

5. Develop Real Skills

People naturally admire competence. Whether it's writing, public speaking, coding, fitness, music, or business, becoming genuinely good at something adds depth to your presence and earns respect.

6. Stay Calm Under Pressure

People with strong aura don't panic easily. They think before reacting and remain composed during stressful situations. Emotional stability makes others feel confident around you.

7. Protect Your Energy

Not every argument deserves your attention. Limit time with people who constantly drain your energy or create unnecessary drama. Your peace is part of your presence.

8. Be Kind Without Seeking Approval

Treat people with respect because it's the right thing to do—not because you're hoping they'll like you. Genuine kindness leaves a lasting impression.

9. Keep Learning

Read books, stay curious, and challenge your thinking. Knowledge makes conversations more interesting and helps you carry yourself with confidence.

10. Live by Your Values

Your reputation is built by what you consistently do. Be honest, reliable, and authentic. People remember character long after they forget appearances.

17 Powerful Sentences By Paulo Coelho

1. “The distance between dreams and reality is called discipline.”

2. “If you want to be successful, you must respect one rule – never lie to yourself.”

3. “If it costs you your peace, it's too expensive.”

4. “It's the possibility of having a dream come true that makes life interesting.”

5. “If you think adventure is dangerous, try routine; it is lethal.”

6. “One day you will wake up and there won't be any more time to do the things you've always wanted. Do it now.”

7. “A bird in a cage is safe but God didn't create birds for that.”

8. “When I had nothing to lose, I had everything. When I stopped being who I am, I found myself.”

9. “A mistake repeated more than once is a decision.”

10. “When you want something, all the universe conspires in helping you to achieve it.”

11. “When we strive to become better than we are, everything around us becomes better too.”

12. “Change. But start slowly, because direction is more important than speed.”

13. “You have two choices, to control your mind or to let your mind control you.”

14. “If you are never alone, you cannot know yourself.”

15. “There is only one way to learn. It's through action. Everything you need to know you have learned through your journey.”

16. “Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own.”

17. “Be brave. Take risks. Nothing can substitute experience.”

Signs Of Strong Character

1. You do the right thing, even if it’s tough.

2. You always keep your promises, even the little ones.

3. You treat everyone with respect, no matter who they are.

4. You say when you're wrong and learn from it.

5. When you succeed, you stay modest and not boastful.

6. You listen more than you speak and think about what others say.

7. You show the way by doing things, not just by telling others what to do.

15 Small Habits - Big Difference

1. Make your bed.

2. Move instead of scrolling.

3. Read more books.

4. Plan tomorrow before bed

5. Do the two minutes task now.

6. Build your to-do list around your actual goals.

7. Set deadlines even when nobody is watching.

8. Name your distractions and block them.

9. Practice gratitude on purpose.

10. Eat real food more often.

11. Cut back on alcohol and caffeine before bed.

12. Reflect on your week, then plan the next one.

13. Spend time with people who support you.

14. start a hobby that has nothing to do with you job.

15. Think about your long-term goals.

10 Things Emotional Abusers You Never Notice

Emotional abuse can be hard to spot when you're inside it. You may know you're unhappy, but still struggle to explain why.

That's because the problem isn't always one terrible thing. Sometimes it's a pattern that slowly changes how you think.

1. THEY DON'T ALWAYS LOOK CRUEL

Some emotional abusers are charming, funny, generous, and incredibly likable.

That's part of what makes the situation confusing.

Everyone else sees the person you know how to describe, while you experience the side they don't see.

So when you finally speak up, people may question you before they question them.

2. THEY CAN MAKE YOU APOLOGIZE FOR THEIR BEHAVIOR

You bring up something they did, and somehow you're the one apologizing.

Maybe you “overreacted.” Maybe your tone was wrong. Maybe you shouldn't have brought it up at all.

Suddenly, you're defending your reaction instead of discussing their behavior.

And somehow, the original problem disappears.

3. THEY REMEMBER YOUR INSECURITIES

Pay attention to what happens to the things you tell someone in confidence.

A healthy partner protects your vulnerable spots.

An abusive person may eventually learn exactly what makes you feel insecure, unwanted, or afraid of losing them—and bring those things up when they need to hurt or control you.

4. THEY DON'T NEED TO YELL TO CONTROL YOU

Control isn't always screaming or threatening. Sometimes it's a disappointed look, a guilt trip, constant questioning,

or making you feel guilty every time you do something they don't like.

Eventually, you stop doing certain things—not because they asked you to, but because you already know how they'll react.

5. THEY CAN MAKE YOU QUESTION YOUR OWN MEMORY

You remember the conversation clearly. They insist it happened differently.

You explain what they said. They tell you you're twisting their words.

After enough of these arguments, you may start checking yourself before trusting your own memory.

That's when things become dangerous: you're no longer arguing with them. You're arguing with yourself.

6. THEY KNOW WHEN TO BECOME NICE AGAIN

After hurting you, they may suddenly become affectionate, apologetic, funny, or romantic.

And honestly, that's often what keeps people stuck.

You don't want to believe the relationship is bad because the good moments feel real too. So every time they become kind again, you convince yourself that maybe this time things will finally change.

7. THEY MAKE YOU PROVE YOUR LOVE OVER AND OVER

You explain where you were. You explain who you were with. You reassure them.

You apologize. Then you do it again the next week.

Eventually, love stops feeling like something you share and starts feeling like an exam you keep failing.

No matter how much you prove yourself, the standard keeps moving.

8. THEY CAN MAKE YOUR BOUNDARIES LOOK LIKE THE PROBLEM

The moment you finally say, "I'm not accepting this anymore," watch what happens.

Instead of addressing what pushed you to set the boundary, they may call you selfish, cold, difficult, or dramatic.

That's a clever shift. Now you're defending your right to have a boundary instead of discussing why the boundary became necessary.

9. THEY CAN ISOLATE YOU WITHOUT TELLING YOU TO LEAVE EVERYONE

They don't always say, "Stop talking to your friends." Sometimes they just keep planting doubts.

Your friend doesn't really care about you. Your family doesn't understand you.

That person is jealous. After hearing it enough times, you may start pulling away on your own. That's the point.

10. THEY BENEFIT WHEN YOU STOP TRUSTING YOURSELF

Think about this carefully. A person who trusts their judgment is harder to manipulate.

Someone confident in their decisions is more likely to say no and walk away.

So when someone constantly criticizes your choices, questions your intelligence, mocks your instincts, and then offers themselves as the person who "knows what's best for you," pay attention to what is happening to your confidence.

LOOK AT THE PATTERN, NOT JUST THE APOLOGY

One bad argument doesn't automatically make someone emotionally abusive.

People lose their temper. People say stupid things. People make mistakes.

The bigger question is **what keeps happening.**

Ask yourself:

- Can I disagree with this person without being punished?
- Can I say no without being made to feel guilty?
- Can I explain that I'm hurt without becoming the villain?
- Can I maintain friendships and independence without constant conflict?
- Do I feel safe being myself around them?

Those answers tell you more than one dramatic argument ever could.

WHEN YOU START LOSING YOURSELF

This is where you need to be honest. Are you constantly watching your words?

Do you rehearse conversations before having them?

Do you hide harmless things because you're afraid of their reaction?

Do you apologize just to make the tension disappear?

Do you feel like you're always trying to get back to the version of the relationship you had at the beginning?

Because if you have to become smaller, quieter, and more careful just to keep someone happy, something is wrong.

Love shouldn't require you to slowly disappear.

And if you're recognizing yourself in this, don't rush into another argument just to prove a point. Start by trusting what you're experiencing, talk to someone you trust, and pay attention to the pattern instead of waiting for one perfect piece of evidence.

The question isn't only, "Do they love me?"

It's also: "Who am I becoming while I'm being loved by them?"

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.